This course will explore the symbiotic and reciprocal relationship between individual and community health & wellbeing, as well as the many factors/forces which influence that relationship. Drawing upon recent studies in the area of reciprocal/symbiotic effects between individual wellbeing and community wellbeing, this course will include the following core topics: definitions of community and related dimensions of wellbeing, importance of Individual/Community reciprocity (Social Justice, Equity, Safety, and Trust), historical trauma and healing, and individual action and personal empowerment in community transformation.

Prerequrement: graduate students only; permission number required

Visit z.umn.edu/CSPH5118 for more information.