



### People.Power.Change! Session 3

On June 27th, community leaders from across California joined together to speak out for health equity at the People.Power.Change! Sacramento Day of Action. Building off of the previous People.Power.Change! sessions, participants from southern, central and far northern California traveled to the capitol for a day of networking and change-making, meeting with 44 legislative offices representing key leadership in both houses, committees and caucuses. Youth speakers from [KidWorks](#) in Santa Ana shared their local work and vision for change and Flojaune G. Cofer, Research and State Policy Manager with [Public Health Advocates](#), joined us to fire up the group with her experiences and recommendations for conducting successful legislative visits. Youth and adults; students and health professionals connected within and across their regions to share their passions and support one another in preparing for their afternoon visits before heading to the capitol. The day was full of inspirational exchanges, comradery, and action as decision-makers were educated about issues that matter most to their constituents. CA4Health will continue to work towards health equity and justice alongside these amazing advocates and all our allies across California.

Here's what some participants had to say:

- *"I now know how easy it is to be heard by professionals who are interested in bettering communities around CA"*
- *"It was very empowering and I feel better poised to talk to legislators now"*

To get an idea of the full People.Power.Change! series and highlights from the Day of Action check out the Storify [HERE](#).