

# **HONORING MLK DAY THROUGH SERVICE! A CALL TO ACTION FOR PUBLIC HEALTH STUDENTS**

Martin Luther King Jr. Day is more than a day of remembrance—it is a Day of Service. Dr. King believed deeply in the power of collective action, equity, and service to uplift communities and create lasting social change.



As public health professionals in training, service is at the heart of what we do. Whether it's supporting food security, health equity, housing stability, environmental justice, or community wellness, your time and effort make a real impact.

We encourage all MPH students to honor Dr. King's legacy by engaging in meaningful service this month. Volunteering is a powerful way to apply your public health skills, connect with your community, and contribute to positive change.

Here are a few ways you can get involved in your community:

Supporting local food pantries or community meals

Volunteering at shelters or warming centers

Assisting with community health events

Participating in environmental or neighborhood clean-ups

Supporting organizations focused on equity, access, and wellness

**Service Cord Reminder:**

Your volunteer hours can count toward the MPH Student Service Cord. Be sure to document your service and submit your hours if you are working toward this recognition of your community engagement and commitment to public health service.

Click here for more information,

learn how you can earn your service cord

<https://success.une.edu/public-health/service-cord/>