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**FOR IMMEDIATE RELEASE**

## Introducing the Third Season of Health Talks Podcast

**Springfield, Ill., May 16, 2024-** Today, the Illinois Primary Health Care Association (IPHCA) launched its third season of the Health Talks podcast. Host Raj Savalia is joined in each episode by people who work to advance community healthcare, advocacy, and public health, while striving to improve patient care.

During the first two seasons, Health Talks published 47 episodes covering a wide range of topics that included health center programs, social determinants of health, health equity, the history of health centers, mental health, employee wellness, and much more. The podcast has grown to more than 3,000 downloads with people tuning in from not only Illinois but also throughout the United States and internationally.

The third season will see a reboot of the podcast with a new twist. The IPHCA team created four new categories of podcasts to appeal to a wide range of listeners. After compiling listener feedback, it was natural for the team to create these categories and allow listeners to choose which podcast episodes best resonate with their unique listening preferences.

**Wellness Watch** Tune in for everything from employee wellness tips to mindfulness practice, nutrition's programs, community gardens, and beyond.

**Education Insight** Listen to more technical health care topics and grant-related programs, including discussions on the social determinants of health, substance use disorder treatment, oral health, and more.

**The Sidebar** Explore fireside chats and riveting discussions centered on improving community health care, advocacy, and exclusive feature stories.

**The Bold Podcast** This bucket highlights the inspiring and bold stories of healthcare providers and others at community health centers.

A new, simplified podcast landing page on the IPHCA website will allow listeners to browse episodes in each of these categories. All episodes can be found on Apple, Spotify, iHeartradio, Audible, or by going to [www.iphca.org/podcast](http://www.iphca.org/podcast).

### **About the Illinois Primary Health Care Association (IPHCA)**

IPHCA is a nonprofit trade association that serves as the voice of and champion of Illinois 54 community health centers, which serve more than 1.5 million patients annually across more than 430 service sites in medically underserved rural, urban, and suburban areas. [www.iphca.org](http://www.iphca.org)

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