

Visión y Compromiso™

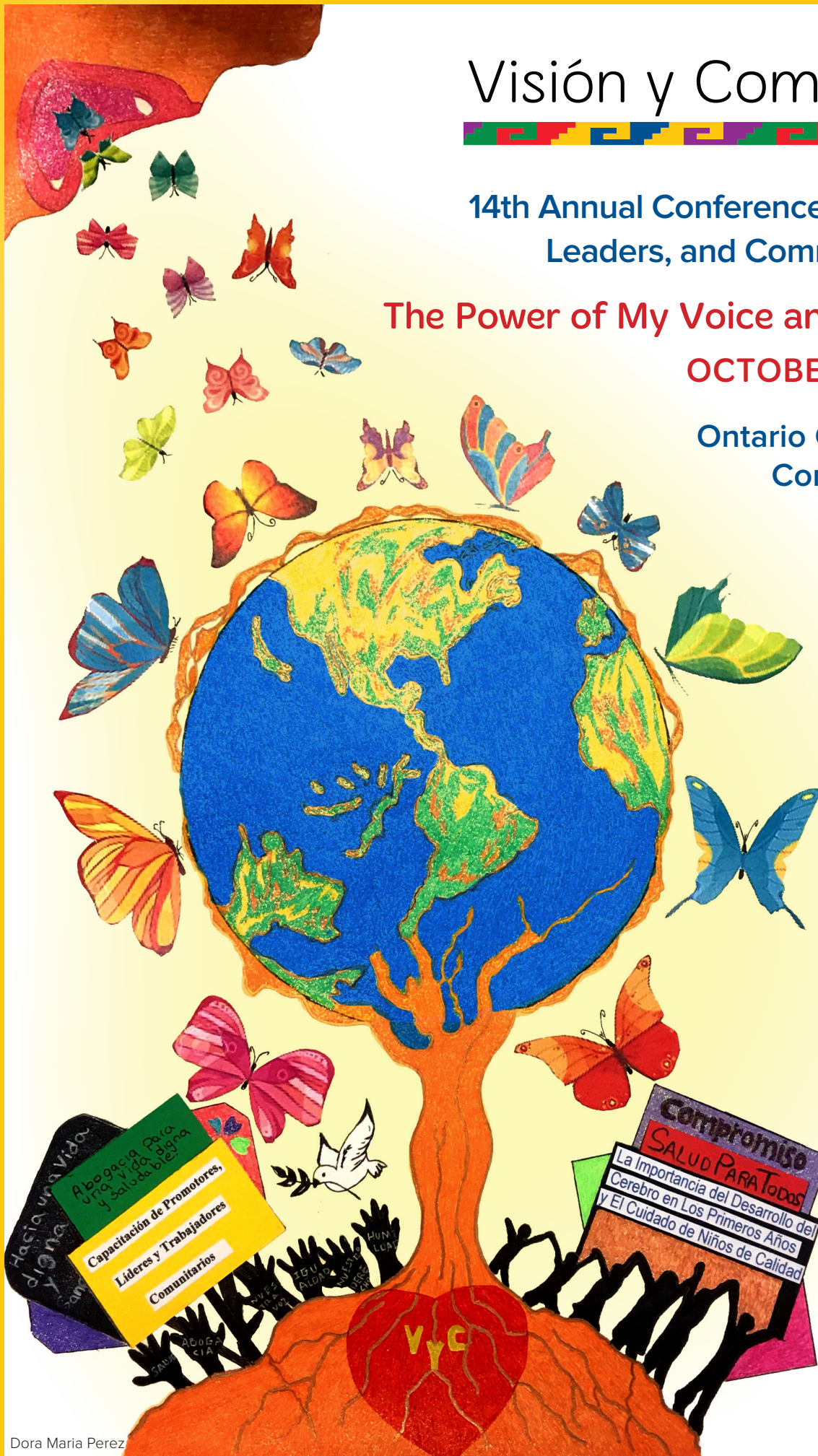


14th Annual Conference of Promotores,
Leaders, and Community Workers

The Power of My Voice and My Actions

OCTOBER 27-29, 2016

Ontario Convention and
Conference Center





The conference provides you the opportunity to:

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Increase your knowledge and skills in topics related to health, life and community topics.

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Share and strengthen your relationship with promotores and leaders from around the U.S. and other countries.

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Join us Friday evening in celebrating your accomplishments (optional).



# Program

## THURSDAY, OCTOBER 27

1:30pm – 5:30 pm

**The Promotores Institute:** This meeting is exclusive for Advisory members of the Promotores Institute.

**Advocacy Committee:** This meeting is exclusive for members of the Advocacy Committee.

6:00 pm –10:00 pm:

### A Night of Bohemian Culture

The Vision y Compromiso Promotoras Network invites all promotores to participate in “A Night of Bohemian Culture” at the Ontario Convention Center, Ontario, California. We will observe and honor the diversity of our roots through art, music and poetry. We invite you to wear attire (optional) reflecting any culture you would like to showcase. There is no charge for conference participants to attend this event; however space is limited to the first 300 people who register online. Appetizers will be served. Cocktails will be available for purchase. We look forward to seeing you!

## FRIDAY, OCTOBER 28

|               |                    |
|---------------|--------------------|
| 7:00          | REGISTRATION OPENS |
| 8:30 – 9:00   | WELCOME            |
| 9:00 – 10:15  | PLENARY            |
| 10:15         | EXHIBIT AREA OPENS |
| 11:15 – 12:30 | LUNCH              |
| 12:45– 2:45   | WORKSHOPS A        |
| 3:05 – 5:05   | WORKSHOPS B        |
| 5:15 – 6:30   | DOCUMENTARY        |
| 7:00–12:00    | DINNER/DANCE       |

## SATURDAY, OCTOBER 29

|               |              |
|---------------|--------------|
| 7:00 – 10:00  | REGISTRATION |
| 8:00 – 9:00   | BREAKFAST    |
| 7:00 – 8:00   | WORKSHOPS C  |
| 9:00 – 11:00  | WORKSHOPS D  |
| 11:15 – 12:30 | PLENARY      |
| 12:30 – 2:00  | LUNCH        |
| 2:15 – 4:15   | WORKSHOPS E  |
| 4:30 – 5:00   | CLOSING      |



### AIR TRAVEL

The Ontario International Airport is the nearest airport to the conference. Make reservations as soon as possible to take advantage of the best fares. Transportation to the hotel from the airport is available via hotel shuttle. Reserve shuttle service when you book your room at the Radisson.



### HOTEL INFORMATION

Please note that the cost for lodging is not included in the registration cost.

The Radisson Ontario Airport Hotel is offering special room rates for conference participants. Single or double regular rooms: \$99. To take advantage of this price, make your reservations prior to **October 11**.

**Radisson Ontario Airport Hotel**  
2200 E. Holt Blvd., Ontario, CA 91761

To make reservations call 1-800-333-3333 or use the following link: <http://tinyurl.com/VISCOM16>

You can use the Hotel web page [www.radisson.com](http://www.radisson.com) Follow the instructions using the promotional code: VISCOM.



### PARKING

The cost of the parking at the Ontario Convention Center is \$10.

## During the conference please visit...

### EXHIBITORS AREA

National and statewide organizations will share and display services available to the community through their agencies.

### MERCADITO—MADE WITH CARE

Promotores will display handcrafted artisanal pieces available for sale to participants. Come by for a visit and shop for the holidays!

For information on how to become an exhibitor or mercadito participant, please contact Isalia Zumaya at 213-613-0630.



## Registration

- **ONLINE:** Complete the online registration form before October 14 at [www.visionycompromiso.org](http://www.visionycompromiso.org).
- **MAIL:** Send the last two pages of this registration form with check or money order (made payable to Visión y Compromiso) to: Visión y Compromiso, 1000 North Alameda St., Suite 350, Los Angeles, CA 90012. Attn: Alma Esquivel
- **FAX:** Fax the last two pages of this registration form to 213-613-0633.
- **ON SITE:** In-person registrations will be accepted beginning on Friday, October 28, at 7:00 am and during posted scheduled times at the conference.

### PAYMENT OPTIONS

- **CREDIT/DEBIT CARD:** For online or on-site registrants. Use the electronic link to make payment using Visa or Mastercard, before October 14. If you need help processing an electronic payment, please call Berenice Guzman at 510-701-2791. Note: Each participant must be already registered in order to receive assistance with electronic payments processing.
- **CHECK OR MONEY ORDER:** Made payable to Visión y Compromiso and send it to Visión y Compromiso, 1000 North Alameda St., Suite 350, Los Angeles, CA 90012, Attn: Alma Esquivel
- **CASH PAYMENT:** Cash is only accepted in-person at the Visión y Compromiso office or at the conference. Note: Cost will increase after October 14.

### Please note:

- ✓ Conference fees include lunch for the two days only.
- ✓ Only a limited number of seats are available for the Friday Evening Celebration, please buy your ticket in advance.
- ✓ This event is not appropriate for children. Children are not permitted at any of the conference activities.
- ✓ The conference will be conducted in Spanish. Simultaneous translation will be provided during plenaries and some workshops. Look for the workshops that indicate that translation will be provided.
- ✓ Please indicate on your form if you will need English translation during the conference.
- ✓ Only coffee service will be provided on Friday and Saturday mornings.

## Registration Cost

Save money by making your payment before October 14! To take advantage of the discount, this registration form and payment needs to be received before October 14.

|                             | Promotores/CHWs | General Admission | Presenters | Promotor Presenters |
|-----------------------------|-----------------|-------------------|------------|---------------------|
| <b>BEFORE OCTOBER 14</b>    |                 |                   |            |                     |
| Conference and Celebration  | \$70            | \$240             | \$150      | \$70                |
| Conference: Two Days        | \$40            | \$180             | \$90       | \$40                |
| Conference: One Day         | \$40            | \$90              | *          | *                   |
| Celebration Only            | \$30            | \$60              | \$60       | \$30                |
| <b>ON-SITE REGISTRATION</b> |                 |                   |            |                     |
| Conference and Celebration  | \$105           | \$245             | \$155      | \$105               |
| Conference: Two Days        | \$45            | \$185             | \$90       | \$45                |
| Conference: One Day         | \$45            | \$95              | *          | *                   |
| Celebration Only            | \$60            | \$60              | \$60       | \$60                |

\* Presenters will incur a registration charge for attending any part of the conference other than the day of their workshop.

Questions? Contact Alma Esquivel at [alma@visionycompromiso.org](mailto:alma@visionycompromiso.org) or 213-700-5291 or visit [www.visionycompromiso.org](http://www.visionycompromiso.org).

# Workshops A

FRIDAY, OCTOBER 28 • 12:45PM–2:45PM

## The Healthy Media Diet: Balancing the Use of Media and Technology

*Maria Alvarez*

**OBJECTIVE 1:** Learn three ways to establish a healthy media diet.

**OBJECTIVE 2:** Explore five tips for online safety.

**OBJECTIVE 3:** Identify ideas for families to use screens/devices together.

## Managing the Effects of Secondary Trauma: Working with the Witness

*Amy Muratalla*

**OBJECTIVE 1:** Define what Secondary Trauma (Witness Trauma) is and its physical and emotional effects on the witness to a traumatic event.

**OBJECTIVE 2:** Discuss how to help a person who has witnessed a traumatic event manage their anxiety and emotions produced by the event.

**OBJECTIVE 3:** Describe the process of supporting a person with information about self-help and intervention.

## Working Together To Reduce the Incidence of C-sections in California

*Jill Arnold*

**OBJECTIVE 1:** Explain the scope of the problem of C-section overuse in California and beyond.

**OBJECTIVE 2:** Learn five risks associated with unnecessary C-sections.

**OBJECTIVE 3:** State a) how new moms can choose a hospital and b) specific words that pregnant women can use to advocate for themselves in medical settings.

## Staying Healthy, Your Kidneys and You!

*Franco Reyna*

**OBJECTIVE 1:** Identify risk factors for kidney disease.

**OBJECTIVE 2:** Identify two main causes of kidney disease.

**OBJECTIVE 3:** Identify three new resources for their educational efforts.

## Building Research Integrity and Capacity Among Promotores/ CHWs

*Araceli López-Arenas, PhD, MPH and Camille Nebeker, EdD*

**OBJECTIVE 1:** Describe their role as Research promotores/CHWs and describe key research terminology.

**OBJECTIVE 2:** Distinguish the difference between a service project vs. a research project and describe how their role differs between both types of projects.

**OBJECTIVE 3:** Engage in research skill building activities and apply concepts learned to case scenario situations, including E.T.I.C.A.

## For My Own Sake, ME, My Advocate

*Patricia Rizo and Deogracia Cornelio*

**OBJECTIVE 1:** Cite official definitions of violence in the workplace as a danger, and analyze their experiences as they correspond to the definition.

**OBJECTIVE 2:** Identify risk factors related to workplace violence and its negative effects on health.

**OBJECTIVE 3:** Discuss strategies to self-advocate on an individual and collective level.

**OBJECTIVE 4:** Gain legal and educational resources that will support their self-care and self-advocacy efforts.

## Weaving Words, Creating Stories...

*Guillermo Hernandez*

**OBJECTIVE 1:** Discuss the impact of the spoken word.

**OBJECTIVE 2:** Explore the power of each word you say.

**OBJECTIVE 3:** Describe how our words are like a movie screen that reveals our attitudes and what we have been thinking.

## The Legislative Process and the Importance of Community Participation

*Claudia Estrada Powell*

Participants will learn about the governmental process in which a Bill is considered and becomes a law, a process that is commonly referred to as the legislative process.

**OBJECTIVE 1:** Learn about the legislative process in California.

**OBJECTIVE 2:** Learn what is a proposal and the steps it takes to create a proposal.

**OBJECTIVE 3:** Discuss how to involve the community in activities that support the passage of a proposal into a law.

 =TRANSLATION PROVIDED

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## Growing Healthy, Living Well: Supporting The Healthy Nutrition of Children in Rural Areas

*Gladys Edith Ramírez García and Angelica Lucia*

**OBJECTIVE 1:** Learn how to organize groups for the promotion and monitoring of rural community growth.

**OBJECTIVE 2:** Become familiar with the methodology utilized by the PMC teams in the nutritional surveillance of indigenous children in Guatemala.

**OBJECTIVE 3:** Become familiar

with the use of tools used by the PMC groups regarding nutritional surveillance.

**OBJECTIVE 4:** Discuss the application of the lessons learned to the participants' communities.

## Dealing with Disparities Related to Autism Spectrum Disorder (ASD) and Other Developmental Delays

*Marisela Robles*

**OBJECTIVE 1:** Describe ways to increase your abilities as promotores to develop greater

empathy toward families of children with disabilities.

**OBJECTIVE 2:** Define the stages of development and give examples of the physical, emotional, and social stages typical of early development at a child's age.

**OBJECTIVE 3:** Describe in basic terms autism and autism's red flags.

**OBJECTIVE 4:** Identify and explore the skills necessary to communicate effectively with service providers.

## Workshops B

FRIDAY, OCTOBER 28 • 3:05PM–5:05PM

### The Benefits of Cooperativism for Female Entrepreneurs Like You

*Claudia Arroyo and Anahí Rojas*

**OBJECTIVE 1:** Learn the basic concepts of the world of Cooperativism and its impact on the local economies of our community.

**OBJECTIVE 2:** Learn about creating models for a just economy to bring prosperity to our communities.

**OBJECTIVE 3:** Learn the basics of starting worker-owner cooperatives, whether they themselves are the founders or simply promote this economic model in the communities they serve.

### Creating Loving and Supportive Spaces at Home, at School and at Work for Transgendered Youth

*Laura Vargas*

**OBJECTIVE 1:** Learn about gender identity, the transition process of transgender individuals, and the discrimination they face.

**OBJECTIVE 2:** Learn tips to create loving spaces and support for transgender youth at the home, school, and work, and about the laws that protect them in California.

**OBJECTIVE 3:** Learn about the results of an educational promotora program that encourages the families' acceptance of LGBT persons in the Latino community.

### Personal Transformation: Overcoming the Effects of Physical, Sexual and Emotional Abuse

*Jose Arturo Palato*

**OBJECTIVE 1:** Discuss the consequences of physical, sexual, and emotional abuse on a person.

**OBJECTIVE 2:** Discuss the importance of Forgiveness to learn about abuse and how to overcome it.

**OBJECTIVE 3:** Identify the distinction between being a victim vs. being responsible for one's own personal transformation.

## Tools for the Holistic Development of the Promotor

*Hugo Ramirez*

**OBJECTIVE 1:** Analyze self-care and its relationship to holistic health and our performance as promotores.

**OBJECTIVE 2:** Learn how to prepare to enter the workforce, from preparing for an interview, technical skills and the necessary attitudes for a promotor to possess.

**OBJECTIVE 3:** Analyze through music (boleros) how feelings and emotions affect our behavior and our state of mind.

## Our Power. Our Voice

*Patricia Veliz Macal, Carla Osorio and Amanda Macal*

**OBJECTIVE 1:** Promotores will learn that working inter-generationally can be a tool to create a stronger society.

**OBJECTIVE 2:** Promotores will discuss the perspective of immigrant Latino women in the US.

**OBJECTIVE 3:** Promotores will be inspired as they tell their own stories with the goal of enriching their community

## Educating Our Community About Glaucoma to Prevent Blindness and Loss of Vision

*Marcela Aguilar and Ana Toro*

**OBJECTIVE 1:** Learn what Glaucoma is and how it affects vision.

**OBJECTIVE 2:** Learn about the importance of the eye exam with dilated pupils.

**OBJECTIVE 3:** Learn how to use the “Keeping Our Eyes Safe from Glaucoma” toolkit to educate their community.

## The Role of Community Health Workers (CHWs) In Diabetes Prevention and Management: Building Relationships and Connections with Federal and State Government

*Betsy Rodríguez MSN, CDE*

**OBJECTIVE 1:** Discuss the roles of CHWs/promotores de salud in diabetes prevention and management.

**OBJECTIVE 2:** Define the role of CHWs in promoting and delivering Diabetes Self Management Education and diabetes prevention programs.

**OBJECTIVE 3:** Analyze how CHWs can build relationships with state health departments and the CDC on diabetes education and prevention.

## Our Voice in Action

*Dinorah Martinez and Karina Garcia*

**OBJECTIVE 1:** Describe core aspects of reproductive health, rights and justice.

**OBJECTIVE 2:** Identify and dispel 1-2 myths about Latina sexuality and reproductive health, with a focus on pregnancy and abortion.

**OBJECTIVE 3:** Identify at least three strategies used to organize and mobilize the community for health, dignity and justice.

## Healing Our Traumas: Transforming Our Lives

*Amy Muratalla*

**OBJECTIVE 1:** Learn to identify the characteristics of Post Traumatic Stress Disorder (PTSD) and techniques to control tough, traumatic emotions, anxiety, and stress.

**OBJECTIVE 2:** Discuss strategies to promote mental health and multicultural wellbeing in our communities.

**OBJECTIVE 3:** Describe how to promote healthier communities

without trauma, violence, or unhealthy habits.

## The Art of Supervising Promotores

**OBJECTIVE 1:** Describe the unique characteristics with which promotores approach their work and that require a unique supervision style.

**OBJECTIVE 2:** List the specific skills that promotores strongly demonstrate as part of an employee team.

**OBJECTIVE 3:** Discuss the strengths-based approach to strengthen promotores’ skills as these relate to carrying out their work effectively.

## Preparing for the Golden Years

*Adriana Mendoza*

**OBJECTIVE 1:** Describe the different areas (e.g. housing, finances, work, insurance, changes in the family structure, etc.) in the life of a person who is entering their Golden Years to better prepare them for the changes that will occur in this new stage of life.

**OBJECTIVE 2:** Discuss the factors that help and hinder a person in their preparation for the Golden Years.

**OBJECTIVE 3:** Identify available resources that can help a person prepare more effectively for their Golden Years.

 =TRANSLATION PROVIDED

## Workshops C

SATURDAY, OCTOBER 29 • 7:00AM–8:00AM

### ¡BAILOTERAPIA!

Bring your entire team and new friend and shake it up at this hour of fun and physical activity. The session will be led by a certified Bailoterapia instructor. Don't miss out!!!

### MEDITATION

Start your day with a mind and body relaxation session, where we will practice to be in the present.

## Workshops D

SATURDAY, OCTOBER 29 • 9:00AM–11:00AM

### Introduction to the “Círculo de Bailoterapia”

*Arizbe Garcia, Maria Oliden and Maricela Gonzalez*

**OBJECTIVE 1:** Learn the history of how the Bailoterapia Circle got started.

**OBJECTIVE 2:** Inform about the certification process for community instructors of the Bailoterapia Circle.

**OBJECTIVE 3:** Recognize the program's achievements by presenting statistics from its beginnings.

**OBJECTIVE 4:** Talk about what is happening with Bailoterapia Circle in several regions through testimonies, photos, stories.

**OBJECTIVE 5:** Describe why this technique is effective in achieving holistic health.

### Relaxation and Your Health

*Alicia Mares*

**OBJECTIVE 1:** Learn the 10 Principles of Tai Chi and its health benefits.

**OBJECTIVE 2:** Learn the 12 steps of Tai Chi to help relieve the effects of arthritis including warm-up and cool-down.

**OBJECTIVE 3:** Learn how to find Tai Chi classes in their area and how to become certified instructors.

### Undocumedia: The Power of Our Voice in Social Media

*Justino Mora and Ivan Ceja*

**OBJECTIVE 1:** Describe the growing number of social media applications.

**OBJECTIVE 2:** Analyze the effect that social media has on all aspects of daily life and the effect of this growth on those who use them.

**OBJECTIVE 3:** Present strategies for how promotores can use social media to strengthen their voices in the communities they serve.

### Proyecto “Las Muchachas”: Preventing the Spread of HIV In Human Trafficking

*Claudia Zamudio and Thelma Garcia*

**OBJECTIVE 1:** Define human trafficking.

**OBJECTIVE 2:** Identify four factors that put individuals at risk for being trafficked.

**OBJECTIVE 3:** Identify three methods that reduce the risk of HIV transmission.

### Increasing Colorectal Cancer Screening Among the Latino Community

*Ilda Oropeza Zepeda*

**OBJECTIVE 1:** Learn about colorectal risk factors, prevention and the burden it creates in the Latino community.

**OBJECTIVE 2:** Identify multiple colorectal cancer screening methods.

**OBJECTIVE 3:** Learn about the national campaign to reach 80% of colorectal cancer screening by 2018.

### Suicide Prevention: What We Have Achieved

*Rosio Pedroso*

**OBJECTIVE 1:** List at least three suicide warning signs.

**OBJECTIVE 2:** Identify changes in attitudes towards suicide in our communities as a result of the suicide prevention outreach effort.

### Oral Health: A SocioEconomic and Political Perspective

*Veronica Camacho*

**OBJECTIVE 1:** Analyze the different factors that impact oral health.

**OBJECTIVE 2:** Dialogue with promotores about which components are essential for appropriate oral health.





## Motivational Interviewing to Support Changes in Health Behaviors

*Silvia Gutierrez-Raghunath*

**OBJECTIVE 1:** Develop motivational interviewing techniques through the use of practical exercises and participative learning.

**OBJECTIVE 2:** Explore a behavioral change approach based on evidence to support changes in health behavior and improve the outcomes for the participant.

**OBJECTIVE 3:** Learn to become aware of the interviewee's disposition, the barriers and the motivation to bring about the desired change.

## Metamorphosis: Discover, Transform and Transcend

*Humberto Perez*

**OBJECTIVE 1:** Learn to recognize aspects of their lives they need to change.

**OBJECTIVE 2:** Learn to carry out the actions needed to improve different aspects of their lives.

**OBJECTIVE 3:** Learn to identify the factors that may prevent them from achieving their objectives.

## A Cost Benefit Analysis of Promotor Programs PRESENTED

IN ENGLISH

**OBJECTIVE 1:** Explore the contributing factors for which agencies and organizations invest their resources to develop and/or support a promotor program.

**OBJECTIVE 2:** Explain the benefits of a promotor program in relation to the costs associated with it.

**OBJECTIVE 3:** Describe the process to measure the benefits vs. costs related to a promotor program.

## Mental Health and Alternative Management Techniques

*Gloria Sistos*

**OBJECTIVE 1:** Learn about the effectiveness of alternative treatment methods to manage the effects of mental health conditions.

**OBJECTIVE 2:** Dialogue about the benefits of using alternative therapies, such as aromatherapy, to improve the wellbeing of people with mental health issues.

**OBJECTIVE 3:** Describe how to use alternative therapies, such as aromatherapy, to improve the wellbeing of persons with mental health conditions.

## Workshops E

SATURDAY, OCTOBER 29 • 2:15PM–4:15PM

### Understanding Vision Loss

*Maribel Spell*

**OBJECTIVE 1:** Learn about the most common eye diseases and which communities are affected the most.

**OBJECTIVE 2:** Describe Braille Institute's free programs and services to help teach ways of independence for someone with vision loss.

**OBJECTIVE 3:** Explore ways that you can help someone who is visually impaired or has complete vision loss.

### Advanced Bailoterapia Techniques

*Arturo Palato, Maricela Sánchez, Erika Carmona y Rossy Parra*

**OBJECTIVE 1:** Bring together community instructors from different regions of California.

**OBJECTIVE 2:** Discuss ways to incorporate mental health and emotional wellness topics in Bailoterapia classes.

**OBJECTIVE 3:** Learn new techniques and modalities of physical exercise.

**OBJECTIVE 4:** Talk about how to strengthen the Visión y Compromiso Bailoterapia Instructors' Network.

**OBJECTIVE 5:** Share ideas about how to organize "bailotones" in their regions.

### Conducting Effective Outreach and Education In The Community

*Hugo Ramirez*

**OBJECTIVE 1:** Learn to carry out effective door-to-door education activities that are appropriate for their community.

**OBJECTIVE 2:** Learn to use modern marketing and outreach techniques that are adaptable to different communities.

**OBJECTIVE 3:** Learn the difference between presenting and facilitating to better apply the relevant techniques that motivate adult learning.

 =TRANSLATION PROVIDED

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## Breaking Barriers and Taboos through Activism

*Dian Alarcon and Gabriel Garcia-Vera*

**OBJECTIVE 1:** Will explore the power of Advocacy.

**OBJECTIVE 2:** Will talk about the impact public policies have in our communities.

**OBJECTIVE 3:** Will describe the importance of telling your story to have an impact on the decisions that local and national legislators make.

## Promotores Active in Their Schools: A Structured Approach to Effective Collaboration

*Veronica Torres and Adriana P. Lopez*

**OBJECTIVE 1:** Show an actual testimony regarding the outreach capability in the community and the integral collaboration that can be accomplished by a promotor in a school district.

**OBJECTIVE 2:** Learn about the importance of working in collaboration with health entities, school districts, and community organizations.

**OBJECTIVE 3:** Exhort participants to develop a tentative outline of an action plan they could use in their communities.

## A Heart Filled With Peace and Joy

*Antolín Rodríguez*

**OBJECTIVE 1:** Learn to cultivate the power of their heart to joyfully promote health and disease prevention topics.

**OBJECTIVE 2:** Learn to cultivate the power of smiling at life, even while going through an illness, it teaches us to value health.

**OBJECTIVE 3:** Learn to cultivate the power of compassion, where their voices and actions are the collective desire for a better world.

## What is Health Research? Myths and the Participation of Latinos

*Marisela Robles*

**OBJECTIVE 1:** Explain the impact of research in society.

**OBJECTIVE 2:** Use key vocabulary to describe what research is.

**OBJECTIVE 3:** Describe what research is.

**OBJECTIVE 4:** Identify research myths and how to nullify them in the community.

**OBJECTIVE 5:** Describe the protection that exists for research participants.

## Expanding Coverage with the Bilingual Guide to Health Programs

*Sara Elena Loaiza and Ara Najarian*

**OBJECTIVE 1:** To enhance the ability of community health workers to provide resources to families and communities that are underserved in a variety of areas.

## What Is the Zika Virus, and How Can I Help Protect My Community from Getting Sick?

*Los Angeles County Department of Public Health*

**OBJECTIVE 1:** Describe at least three ways that women and men can protect themselves from contracting the Zika virus.

**OBJECTIVE 2:** Learn at least three ways in which community members can help prevent their families from getting mosquito bites and protect their homes from mosquito infestation.

**OBJECTIVE 3:** Learn of at least two medical resources for individuals who are at-risk of acquiring Zika Virus.

## Holistic Health Care

*Carolina LaBarca*

**OBJECTIVE 1:** Express the importance of a holistic approach to self-care for promotores that includes body, mind, and spirit.

**OBJECTIVE 2:** Discuss techniques for incorporating self-care strategies into a daily routine.

**OBJECTIVE 3:** Commit to incorporating three new self-care activities into their daily schedules.

## Navigating Services

**OBJECTIVE 1:** Analyze case studies to identify factors that impact access and navigation of services for community residents who use their services.

**OBJECTIVE 2:** Discuss strategies to develop partnerships between promotores and community agencies that will facilitate the access and navigation of services for community members.

# The Power of My Voice and My Actions

## PARTICIPANT & CONTACT INFORMATION

Individual       Group Registration

*Note: If you are registering a group, you must fill out a registration form for each person.*

|                                                |           |
|------------------------------------------------|-----------|
| Group or Organization Name:                    |           |
| Name                                           |           |
| Title:                                         |           |
| Program:                                       |           |
| Address:                                       |           |
| City:                                          |           |
| State:                                         | Zip Code: |
| Telephone:                                     | Fax:      |
| E-mail:                                        |           |
| Emergency Contact Name:                        |           |
| Cell phone Number:                             |           |
| Medical condition that may cause an emergency: |           |

### PARTICIPANT REQUESTS

English Translation Requested

### MEAL OPTIONS

- Vegan  
 Vegetarian  
 No preference

### MEAL SELECTIONS

*(Included with registration)*

#### Friday Lunch

Yes     No

#### Saturday Lunch

Yes     No

### CULTURAL BOHEMIAN NIGHT

Yes     No

### DINNER/DANCE-FRIDAY

**CELEBRATION** *(additional cost)*

Yes     No

### WHICH REGION ARE YOU FROM?

- Bay Area  
 North Central Valley  
 Central Valley  
 South Central Valley  
 Napa  
 Central Coast  
 San Fernando Valley  
 Los Angeles  
 Orange County  
 San Bernardino/Riverside  
 Coachella  
 San Diego  
 Colorado  
 Nevada  
 Arizona  
 Washington  
 Other \_\_\_\_\_

### ARE YOU A MEMBER OF A REGIONAL COMMITTEE?

Yes     No

### WHAT IS YOUR ROLE DURING THE CONFERENCE? *(Mark all that apply)*

- Promotor Participant  
 General Participant (Not a Promotor)  
 Presenter

### PAYMENT METHOD

- Money Order  
 Cash  
 Check # \_\_\_\_\_  
                   Issued by: \_\_\_\_\_  
 Credit Card

NAME:

ORGANIZATION:

**Please select only one workshop per session:**

**FRIDAY, OCTOBER 28, 2016  
WORKSHOPS A: 12:45 – 2:45 PM**

- The Healthy Media Diet: Balancing the Use of Media and Technology.
- Managing the Effects of Secondary Trauma: Working with the Witness. **\*TRANSLATION PROVIDED**
- Working Together to Reduce the Incidence of C-sections in California.
- Staying Healthy, Your Kidneys and You.
- Building Research Integrity and Capacity Among Promotores/CHWs. **\*TRANSLATION PROVIDED**
- For My Own Sake—ME, My Advocate.
- Weaving Words, Creating Stories.
- The Legislative Process and the Importance of Community Participation.
- Growing Healthy, Living Well: Supporting the Healthy Nutrition of Children in Rural Areas.
- Dealing with Disparities Related to Autism Spectrum Disorder (ADS) and Other Developmental Delays.

**WORKSHOPS B: 3:05 – 5:05 PM**

- The Benefits of Cooperativism for Female Entrepreneurs Like You.
- Creating Loving and Supportive Spaces at Home, at School and at Work for Transgender Youth.
- Personal Transformation: Overcoming the Effects of Physical, Sexual and Emotional Abuse.
- Tools for the Holistic Development of the Promotor.
- Our Power. Our Voice.
- Educating Our Community About Glaucoma to Prevent Blindness and Loss of Vision.
- The Role of Community Health Workers (CHWs) in Diabetes Prevention and Management: Building Relationships and Connections with Federal and State Government.
- Our Voice in Action.
- Healing Our Traumas; Transforming Our Lives. **\*TRANSLATION PROVIDED**
- The Art of Supervising Promotores. **\*TRANSLATION PROVIDED**
- Preparing for the Golden Years.

**SATURDAY, OCTOBER 29, 2016  
WORKSHOPS C: 7:00 – 8:00 AM**

- iBAILOTERAPIA!
- Meditation.

**WORKSHOPS D: 9:00 – 11:00 AM**

- Introduction to the “Círculo de Bailoterapia.”
- Relaxation and Your Health.
- Undocumedia: The Power of Our Voice in Social Media.
- Proyecto “Las Muchachas:” Preventing the Spread of HIV in Human Trafficking.
- Increasing Colorectal Cancer Screening Among the Latino Community.
- Suicide Prevention: What We Have Achieved.
- Oral health: A Socioeconomic and Political Perspective.
- Motivational Interviewing to Support Changes in Health Behaviors. **\*TRANSLATION PROVIDED**
- Metamorphosis: Discover, Transform and Transcend.
- A Cost Benefit: Analysis of Promotores Program. **\*PRESENTED IN ENGLISH**
- Mental Health and Alternative Management Techniques.

**WORKSHOPS E: 2:15 – 4:15 PM**

- Understanding Vision Loss.
- Advanced Bailoterapia Techniques.
- Conducting Effective Outreach and Education in the Community. **\*TRANSLATION PROVIDED**
- Breaking Barriers and Taboos Through Activism. **\*TRANSLATION PROVIDED**
- Promotores Active in Their Schools: A Structured Approach to Effective Collaboration.
- A Heart Filled with Peace and Joy.
- What Is Health Research? Myths and the Participation of Latinos.
- Expanding Coverage with the Bilingual Guide to Health Programs.
- What Is the ZIKA Virus, and How Can I Help Protect My Community from Getting Sick?
- Holistic Health Care.
- Navigating Services.