

17TH ANNUAL CONFERENCE  
Visión y Compromiso™



“United We Rise for a Healthy Community!”



SEPTEMBER 26–28, 2019 • LOS ANGELES, CA  
SHERATON GATEWAY LOS ANGELES

To register online, please visit: [www.vycconference.org](http://www.vycconference.org)

## Program

### THURSDAY, SEPTEMBER 26

6:00 PM – 10:00 PM WELCOME RECEPTION

#### “Unite and Enjoy Cultural Diversity”

We invite you to our conference welcome night. Let's celebrate our cultural diversity by wearing your typical regional or country's costume. Come celebrate with us—we will have artistic performances, a catwalk and music. Please confirm your attendance when registering for our conference.

### FRIDAY, SEPTEMBER 27

8:30 AM WELCOME

9:00 AM – 10:00 AM OPENING SESSION

10:15 AM – 12:15 PM WORKSHOPS A

12:30 PM – 2:00 PM LUNCH

2:00 PM – 2:45 PM BREAK

3:00 PM – 5:00 PM WORKSHOPS B

5:00 PM – 6:30 PM OPTIONAL ACTIVITIES

6:30 PM – 12:00 AM DINNER AND CELEBRATION

### SATURDAY, SEPTEMBER 28

7:00 AM – 8:00 AM WORKSHOPS C

9:00 AM – 11:00 AM WORKSHOPS D

11:15 AM – 12:15 PM PLENARY

12:15 PM – 1:30 PM LUNCH

1:45 PM – 3:45 PM WORKSHOPS E

4:00 PM – 5:00 PM CLOSING

*For questions or more information please email the registration team at [annualconference@visionycompromiso.org](mailto:annualconference@visionycompromiso.org).*

### DURING THE CONFERENCE YOU WILL HAVE THE OPPORTUNITY TO:

- ✓ Increase your knowledge and skills in topics related to health, life and community well being.
- ✓ Share and strengthen your relationships with other promotores and leaders from around the U.S. and other countries.
- ✓ Together celebrate the work promotores do daily in the community.

### DURING THE CONFERENCE PLEASE VISIT...

#### EXHIBITION 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 items available for sale. Come by for a visit and shop for the holidays!

*For information on how to become an exhibitor or mercadito participant, please contact Lourdes Nuño at 510-295-5403 or [conferenceexhibitor@visionycompromiso.org](mailto:conferenceexhibitor@visionycompromiso.org)*

# Cost of Admission

	Promotores	General Admission
Conference: two days	\$45	\$200
Conference: one day	\$45	\$100
Dinner and celebration	\$45	\$90
Conference and dinner/celebration	\$90	\$290 / \$190
<b>AFTER SEPTEMBER 16</b>		
Conference: two days	\$50	\$205
Conference: one day	\$50	\$105
Dinner and celebration	\$90	\$90
Conference and dinner/celebration	\$140	\$295 / \$195

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

## Payment Options

### CREDIT/DEBIT CARD

For online or on-site registrants, use the link to make payment using Visa, Mastercard or American Express before Sept 16. If you need help processing an electronic payment, please call Isalia Zumaya at 213-613-0630. Note: Each participant must be already registered in order to receive assistance with electronic payment processing.

### CHECK OR MONEY ORDER

Made payable to Visión y Compromiso and mail to the following address. Please include a list of registrants that the payment should be applied to.

Visión y Compromiso  
PO BOX 708  
SAN LORENZO, CA 94580  
ATTN: Berenice Guzman

### CASH PAYMENT

Cash is only accepted in-person at the Visión y Compromiso office or at the day of the conference. Note: Cost will increase after September 16.



### AIR TRAVEL

LAX 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 hotel.



### HOTEL INFORMATION

Sheraton Gateway Los Angeles Hotel, 6101 West Century Blvd., Los Angeles, CA 90045. Special rate of \$145 available until September 13.



### PARKING

Sky View Self Parking Lot  
6101 W. 98th St., Los Angeles, CA 90045

Located directly behind the hotel at the corner of Avion and 98th Street. The cost is \$17.55 for every 24 hours. If parking 2 hours or less it's \$2.20 every 15 minutes, after 2 hours it is \$17.55. No in and out privileges.



## **“Caution, It’s Hot!”: A Burn Prevention Program for the Whole Family**

*Debbie Karaman*

An educational workshop on how injuries can be physically painful and at the same time cause emotional distress that impacts family dynamics, social stigma and other mental problems. Promotores will use their unique position in the community to create a proactive network to reduce burn incidents in the community.

## **10 Alzheimer’s and Dementia Warning Signs**

*Mariaelena Aguilar and Perla Garay*

An informative workshop on Alzheimer’s disease, which is often mistakenly believed to be a normal part of aging. We will show you the warning signs of Alzheimer’s disease and how people suffering from this disease struggle every day to maintain their health and memories. The future of research is promising, and you will learn about the current advances.

## **An Ace Up Your Sleeve: Creative Techniques to Educate Others About Cancer**

*Priscilla Marin and Ghecemy Lopez*

This workshop provides an opportunity to engage in health advocacy to increase the awareness of cancer and education and communication strategies to reach the community.

## **Autism Spectrum Disorder and Developmental Delays**

*Alma Garcia and Sara Calderon*

In this workshop participants will obtain fundamental information designed to reach parents who have not yet obtained a diagnosis of developmental delays but who may have concerns about their child’s development. Participants will understand the perspective and challenges of a family of a child with autism or other disabilities in order to help families advocate for their children and follow their instincts to get an early diagnosis (if necessary).

## **Educating Under the Tent**

*Patricia Granados and Kristiana Huitron*

Through three theater style educational skits, you will learn how to recognize what different forms of violence look and feel like, what your rights are in response, how to support a victim and how to make a referral to a confidential victim advocate for further support and options.

## **Planning for a Healthy Home, Body and Baby**

*Luz Chacon, Gabriela Gonzalez and Sandy Navarro*

In this workshop you will receive information on how women can reduce exposure to the hidden dangers in products that are used daily at home and work. You will increase your knowledge of sources of exposure that women and their families face every day, how to reduce exposure, and guidelines to limit exposure.

## **What Is Gender Violence and How to Recognize It?**

*Andrea Lizama Pinto*

In this workshop participants will learn what gender, gender roles and stereotypes are and how they determine ways of relating to people, and they will learn what violence is, different types of violence in the context of a relationship and how to recognize it. At the end of the workshop, participants will have the ability to recognize risk situations, know how to differentiate physical, psychological and economic violence and the damage that each can cause.

## **Get Counted! Lead your Family and Community Count for the 2020 Census**

*Ely Flores, Giovany Hernandez and Miguel Martinez*

During this workshop participants will learn about the key challenges we face in achieving a full and accurate count of our community. We will discuss the importance of the Census and how data from the Census impact our democracy and political representation. Participants will also learn how this information is used to determine the federal resources that states receive.

## **Reproductive Health...Family Planning Methods... and The Key Question: Do You or Your Partner Plan to Have a Baby in the Next Year?**

*Carmen Zapata Diaz*

The workshop focuses on basic topics of reproductive health and how family planning methods (FPM) help plan for a future pregnancy, rather than “preventing” pregnancy. The goal is to use the phrase “pregnancy planning” instead of “pregnancy prevention,” since the word “prevention” denotes wanting to avoid something bad.

## Catalytic Leadership to Achieve Community Change

*Teresa Andrews*

In this workshop the participants will learn about the different types of leadership; linear and shared, and which is most effective to “move” a community. Participants will also learn what are the fundamental elements to be an effective leader.

## Prostate Cancer Handbook: Raising Awareness About Prevention of Prostate Cancer Among Latino Men

*Carolina Aristizabal and Eduardo Ibarra*

An awareness workshop about prostate cancer for the Latino community. The participants will learn what the disease is, know what steps they can take to improve their quality of life to provide a good quality of life for their loved ones and review educational material for the community.

## Education Leaders Empowering Parents

*Miya Barnett, Erika Luis Sanchez and Alma Rosa Bernabe Santibanez*

This workshop will describe the collaborative project conducted between UCSB researchers and the Santa Barbara Promotora Network. It is aimed at increasing parent engagement in Parent-Child Interaction Therapy (PCIT). PCIT is an evidenced-based treatment that seeks to improve parent-child relationships, promote educational success, and decrease risk factors for long term behavioral and emotional problems.

## Supporting Children’s Learning for a Better Future: Supervising the Academic Progress of Our Children

*Maria Rosales and Araceli Simeon*

In this interactive workshop, popular education will be used to help parents review real information and acquire research and advocacy strategies to analyze and monitor their children’s grade level learning. The academic success of children requires the joint and conscious work of parents and schools as “equal partners.”

# Workshops B

**SEPTEMBER 27 • 3:00PM–5:00PM**

## The Role of Health Promotoras in the Advancement of Environmental and Occupational Health

*Alma R. Galvan*

During this workshop we will discuss how chemicals of everyday use affect the life and health of our community and our homes, and tools will be shared to minimize your exposure to these harmful substances. Environmental health is a prominent and relevant issue due to recent reports of how it affects our physical, emotional and social health.

## Bureau of Victim Services: Helping Victims Become Survivors

*Jasmine Ascencio, Betzy Portillo and Alejandra Lopez*

This workshop will share information about the District Attorney’s Bureau of Victim Services. It will outline the services and assistance that the Bureau provides through the California Victim Compensation Board. Various examples and lived experiences will be provided to paint the broader picture of how victim services and the community connect to heal and empower victims.

## What Is Research? Myths and the Participation of Latinos

*Alma Garcia and Sara Calderon*

This workshop is an introduction on the basics of medical research. Participants will learn what medical research is, myths, why research is important, protections and rights for medical research participants and why as Latinos we should consider participating.

## Parkinson’s: A Silent Enemy?

*Adriana Jimenez and Veronica Alvarado*

An informative workshop on Parkinson’s disease that will dispel the many myths surrounding this condition. For example, it is generally thought that it only affects the elderly, however, 20% of people who have Parkinson’s are under 20 years of age. Unfortunately there is no specific test to diagnose the disease. Learn about the detection of primary symptoms and how it may make a big difference for people who have this disease.

## What You Don't Know About Diabetes: Empower Yourself with Medical Information and Improve Your Health!

*Ana M. Macias, Nora Franco and Yamila El-Khayat*

This workshop will focus on the basic understanding of prediabetes vs. diabetes. It will address the importance of finding and using reliable health information, knowledge of self and disease, and how the power of a positive attitude affects the management of this disease.

## The Use of Popular Education in Community Outreach

*Bella Cecilia Obregon Gomez, Nubia Cristina González Obregón and Adriana Morieko*

This is a workshop of skill development in the educational process. Learning the difference between andragogy and pedagogy based on the subject, recognizing the diversity and inclusion of participants and educators. These concepts help to apply different strategies with a special focus on experiences in health education and community issues for adults in our community and strengthen our capacity of community resiliency.

## Promoting Active Living Through the Implementation of Successful Strategies in the Latino Community

*Alexander Vigo-Valentin and Leslie Quiroz*

Using a socio-ecological framework, this workshop will demonstrate factors that hinder the engagement in physical activity in Hispanic/Latino communities. Participants will learn evidence-based approaches and strategies to involve Hispanics/Latinos in physical activity. Current data relate various Hispanic/Latino groups with health disparities and physical activity.

## Alert, Strong and Safe: Self Defense for Promotoras

*Alejandra Aguilar Avelino and Karla Morales*

A workshop on self defense for women where they will obtain resources, tools and skills to be more alert and safe when they do community outreach. They will practice in a safe and interactive way how to defend themselves to survive, they will also practice techniques to increase their physical and verbal assertiveness, they will explore the emotions and reactions that can be experienced during an attack and how to lessen the damage after an attack.

## How to Align the Physical Mind with the Higher Mind

*Maria Elena Fonseca Ortiz*

An informative, simple and dynamic workshop on what ADN is, the 5 frequencies of brain waves (Beta, Alpha, Theta, Delta and Gamma), conscious and subconscious level of our mind, what is a belief and a belief system to which we are conditioned, the electromagnetic field and energy centers of the human body. This information will allow the participants to understand the importance of learning to release negative emotions and replace them with positive ones, impacting their lives favorably.

## Disaster Preparedness: From Home to Community

*Joselito Garcia Ruiz*

During this workshop participants will learn how to be prepared for a disaster, they will be able to identify the risks they are exposed to, as well as, what to do before and after a disaster.

## Healing with Art

*Juan Velazquez*

In this workshop we will explore art as a method that helps people find emotional well-being through creativity, participants will learn to recognize their most fundamental feelings and thoughts derived from the unconscious, since these are expressed through symbols and images for the benefit of physical and emotional health.

## Negative Effects of the Excessive Use of Technology Among Children

*Humberto Perez*

This workshop will present the physical and emotional consequences of the excessive use of technology in children and how promotores can guide parents about the risks of this reality. At the same time, promotores will learn some solutions to this problem.

## Workshops C

SEPTEMBER 28 • 7:00AM–8:00AM

### Bailoterapia

*Arturo Palato and Maricela Sanchez*

In this workshop the participants will learn about the Bailoterapia Circle and how to integrate themselves into their communities through physical activity, nutrition, mental health and emotional well-being.

### We Are Vibrational Beings:

#### We Are What We Think

*Lidia Medina*

A workshop to improve our health and mental well-being. Recognize the existence of the energy that keeps us alive, the same that can heal or make us sick. This energy exists in our relationships with others, what we touch, eat, externalize, even with our pets and in every corner of our home.

## Workshops D

SEPTEMBER 28 • 9:00AM–11:00AM

### Stop the Bleeding: Wound Hemorrhage Control

*Melissa Anderson, Ana Castro and Catherin Goodhue*

In this workshop we will acknowledge how crucial training that involves the control of a hemorrhage is for people who respond to crisis situations. Accidents occur all of the time, so there is a need to be prepared to overcome the fear of helping someone who is bleeding after an accident.

### Poisonous Beauty: The Danger of Mercury in Facial Creams

*Amy V. Smith and Sandra Garcia*

This workshop will show the hidden secrets in many beauty products that harm our health and that of the ones we love. At the same time, it will provide effective tools and practices to protect our health and the well-being of others. When the price of beauty is more costly and dangerous than the benefits obtained, it is time to evaluate the potential risks to which we are exposed daily.

### Reaching Your Financial Goals

*Hugo Ramirez and Pilar Montoya*

This workshop will provide participants with the opportunity to take a look at their personal finances. Participants will receive vital financial education and obtain key and urgent steps to take to eliminate debt, develop a budget and plan for the future. Participants will obtain tools to improve their finances and gain a deep understanding of how financial security is in their hands.

### No to Blackouts! Justice in Public Services to Protect Community Health

*Gabriela Sandoval*

In this workshop you will learn about energy justice, advocacy and how to deliver powerful and effective messages to legislators, politicians and other groups that provide vital energy services to the most vulnerable communities, this based on the fact that clean sources of energy should be available for all.

### Promoting Healthy Changes Within the Community

*Karolina Schantz*

Using case studies, this workshop will explore how promoters can empower people to work together to create healthy changes at the community level, understanding the theory of community change.

### “A Heart to Heart Talk” How’s Your Self-Esteem? Achieving Emotional Wisdom

*Silvia Gutierrez-Raghunath*

In this workshop of personal and emotional development, nine recommendations to increase your self-esteem and three steps to achieve emotional wisdom will be shared. These will be guides to strengthen self-esteem and obtain the necessary tools to help you face difficult changes and succeed.

## Social Networks and Health Promotion

*Nubia Cristina Gonzalez Obregon, Bella Cecilia Obregon Gomez and Adriana Morieko*

In this workshop participants will learn to use social media networks and know that they are another tool to achieve established goals, maintaining and promoting the importance of social relationships. Also, raising topics in a positive and assertive way with short, direct and precise messages. The use of social networks to convey the message of health prevention allows for reaching a larger population, in less time, with higher coverage and lower cost.

## Interconnectedness and Your Well-Being

*Arcelia Aguilera and Maria Jimenez*

In this self-development workshop, promotores will present their program called SODA (Situation, Options, Decisions and Actions) where different mechanisms will be provided to show how to cope with situations that can cause feelings of depression, anxiety and even feelings of suicide. Through this SODA program, many promotores have learned to better identify which self-care methods work best for them.

## Use and Abuse of Alcohol and Other Substances Among Older Adults

*Amelia Viviana Criado*

This workshop will increase your ability to identify, evaluate and refer older adults to prevention and treatment services for alcohol and drugs. According to recent studies (SAMHSA), alcohol and drug abuse affects 17 percent of older adults. It is expected that this problem will grow in the next 20 years as the population of older adults increases and they retire. Given these statistics, it is necessary to pay attention and address this issue in order to improve the quality of life and health of older Latino adults in California.

## The Art of Parenting

*Hugo Ramirez and Alejandra Gonzalez*

In this workshop you will learn about the direct impact that parents have on the lives of their children. You will obtain tools that will enable you to emphasize in your communities and families about the importance of not only being physically present as parents, but how active participation in daily life has a beneficial impact on the physical, emotional, social and cognitive health of children.

## Answers About the New Immigration Proposal on Public Charge

*Liz Oseguera, Gabrielle, Aracely Navarro and Luz Maria Gallegos*

In this workshop a panel of experts will share information on the proposed changes to immigration and public charge rules, studies and data on the impact that the changes on public charge laws have on children and their families, and the role of promotores in helping and connecting them to community resources.

## Reaching Mental and Spiritual Freedom

*Silvia Esqueda, MS, LMFT, and Jesse Esqueda, OMI*

This is an interactive and reflective workshop, focused on the connection between mental health and spirituality. Practical concepts will be offered to live a profound freedom and perceive suffering, failure or loss from a spiritual view; and an awareness of the beliefs behind our thoughts that affect our emotional health.

## Helping the Caregiver

*Adriana Mendoza, MSW*

This workshop is aimed at providing information and support to family members and providers who have assumed the role of protector/caregiver for older adults. Self-care information and tools will be shared with the participants. Information about the work and resources of AARP's community program for Latino family caregivers will be shared.



## When Your Kidneys Fail

*Franco Reyna*

This workshop will provide information on kidney function, disease and prevention strategies. Chronic kidney disease is on the rise as a direct result of other chronic conditions, such as diabetes, high blood pressure and heart conditions. In addition, promotores will understand how crucial their role is to minimize the effects of the problem.

## Returning to My Roots

*Carlos Zagarra and Vanessa Hauc*

This workshop will provide valuable resources for building a stronger Latinx community that can voice concerns about the environmental issues it faces and advocate for sustainable and long-lasting solutions that minimize the vulnerability and suffering from negative health outcomes due to the environment.

## Respecting Diversity: Getting to Know the LGBT Community

*Andrea Lizama Pinto*

This workshop will provide fundamental information to understand what sexual diversity is and learn the different concepts that emerge from this topic. Participants can clarify their questions about sexual diversity and hear people offer their testimony on sexual diversity, which will allow for a more complete and real vision on this topic and to make a personal commitment to support the prevention of discrimination against the LGBT community.

## Recovering from the Grief of Being an Immigrant

*Claudia Rodriguez-Briones and Elizabeth Bautista*

In this workshop, participants will learn techniques that can be used to break the stigma of what it means to seek help for mental health, we will share and reflect on the effect of emigrating, “acculturating” to a new country and how such changes can cause conditions that impact mental health—such as anxiety, depression, panic attacks, among others. Many of the conditions that immigrants face in this country such as racism, not knowing the language, violence and family connections can be direct causes of these conditions.

## Managing Your Time Wisely

*Natalia Solache*

This workshop will support the development and implementation of methods that will help you increase your ability to manage, distribute and properly enjoy your time, which is of extreme value and something we all aim to extend.

## Building Strong and Healthy Relationships

*Dulce Macias*

A workshop to prepare people interested in being mentors. They will learn about the importance and great benefit of young people having a mentor or being in a mentoring program. This workshop will help mentors acquire and apply the skills necessary to establish a solid relationship and discover new methods to influence. This workshop will also help mentors find the ingredients to forge healthy and strong relationships.

## Key Ingredients to Improve Schools and Student Performance: Family & Community Engagement

*Araceli Simeon*

This workshop will familiarize participants with the many ways they can participate in schools and in the community to improve education. Participants will learn about laws to encourage participation, recognize the barriers they may experience when engaging and exercising their rights in schools, and learn about the campaigns which different organizations are leading to improve practices and remove barriers to engagement.

## Environmental Justice: Exposure to Lead and Other Chemicals

*Angie Barboza and Cindy Rojas*

In this workshop participants will learn about Exide and its exposure of environmental hazards that affect the Southeast Los Angeles area. The Los Angeles County of Public Health will reinforce the impact that promotores can have on a community by providing information directly to their homes and encouraging the community to proactively seek resources and information.

## Compassion in Action... The Real Connection

*Veronica Torres, Lupe O. Nuñez and Adriana P. Lopez*

A workshop where participants will be able to reflect, in an interactive way, on the important task of being human and as promoters giving from the heart. The theoretical framework used will be the contributions in psychology related to emotional intelligence. This will be done in a kind and simple way and, above all, relevant to daily life. Self-knowledge, the role of emotions, empathy and compassion will be taken into account to expand networks of understanding and connection with oneself and others.

## Nutrition, Happiness and Compassion: Food with Love, Peace in Your Heart

*Antolin Rodriguez*

This workshop is based on the thinking of the Father of Medicine, Hippocrates, "May your food be your medicine and your medicine be your food." Reflect, discover and adopt a nutritious food lifestyle that is most convenient for you. The workshop will reflect on the benefits that arise from the sense of belonging to a community. Due to the fact of living together under the same roof, the health of a person affects or is affected in a positive and/or negative way by the rest of the group; this happens in the family, school or workplace.

## Immigration, Know Your Rights

*Patricia Salazar*

This workshop is designed to inform and prepare the community to exercise their rights when they are faced with detention from local police or immigration authorities, CHIRLA and its vision in society will be discussed. A theater play will be presented as a way to reach the hearts of the audience to gain awareness of our most vulnerable brothers and sisters.

## Saving Lives By Participating in Clinical Cancer Trials

*Lourdes Baezconde-Garbanati, Rosa Barahona and Elena Nieves*

The workshop will be taught using creative methods with videos, games, presentations and discussion about clinical trials that are innovative methods to understand the best use of medicines and therapeutic treatments designed to save lives and increase life expectancy, in cases of cancer and other diseases. Latinos in general have worse participation than other groups in the United States. Economic factors, fear, cultural factors and lack of information often lead to poor decisions or people suffering from cancer not entering into life-saving research programs. Participants will receive a clinical trial session participation certificate from USC.

## Learning to Love Yourself

*Brenda Monzon*

This workshop will address the theme of self-love in a dynamic and interactive way. Participants will be able to acquire greater knowledge in order to build a self-efficient personality not only for themselves but also for their communities. They will learn new ideas, strategies and dynamics to take to their communities and put into practice in daily life.

## How to Avoid Unnecessary Suffering When Confronting a Health Crisis

*Lisa Gaytan and Magda Rojas*

The workshop is designed to engage, raise awareness and educate the Hispanic community on end-of-life care issues to improve access to quality end-of-life care. As the number of Hispanics living in the United States continues to increase, it is vitally important for hospices and end-of-life coalitions to expand outreach and programmatic efforts to ensure Hispanic communities receive quality end-of-life care.

*Visión and Compromiso respects the privacy of its users and is the sole owner of the information collected on this website or through any of its software applications. Any information collected from our users (or disclosed in this privacy statement) will not be sold, shared or rented to others in any way.*

*Visión y Compromiso will photograph and film the event. The images may be transmitted on television, online platforms and as mobile content at any time in the future. If you do not wish to be filmed or photographed, please contact a member of the Visión and Compromiso team.*

# "Building Bridges for a United and Resilient Community"

To register online, please visit: [www.vycconference.org](http://www.vycconference.org)

Complete the following two pages and fax them to 213-613-0633 or email [annualconference@visionycompromiso.org](mailto:annualconference@visionycompromiso.org).

## PARTICIPANT CONTACT INFORMATION

Name:		
Title:		
Organization:		
Address: <input type="checkbox"/> Personal <input type="checkbox"/> Work		
City:		
County:	State:	Zip Code:
Phone: <input type="checkbox"/> Personal ( <input type="checkbox"/> Cellular/ <input type="checkbox"/> Office line ) <input type="checkbox"/> Work ( <input type="checkbox"/> Cellular/ <input type="checkbox"/> Office line )		
Email: <input type="checkbox"/> Personal <input type="checkbox"/> Work		

### ¿Are you a member of a Visión y Compromiso Regional Committee?

☐ Yes ☐ No

- ☐ Bay Area
- ☐ Coachella
- ☐ Orange County
- ☐ Costa Central
- ☐ Kern
- ☐ Los Angeles
- ☐ Madera
- ☐ Napa
- ☐ Nevada
- ☐ San Bernardino-Riverside
- ☐ San Diego
- ☐ San Fernando
- ☐ Stanislaus
- ☐ Tulare

### Role during the conference:

- ☐ Promotor or Community Health Worker
- ☐ General Admission (Director, Manager, Management)
- ☐ Committee Organizer
- ☐ Presenter (Promotor)
- ☐ Presenter (Non-Promotor)
- ☐ Exhibitor
- ☐ Sponsor
- ☐ Special Guest

### ¿Are you interested in participating as a workshop moderator/observer?

☐ Yes ☐ No

### Will attend:

(Mark all options that apply)

- ☐ Thursday
- ☐ Friday
- ☐ Saturday

### Food Options

- ☐ Vegan
- ☐ Vegetarian
- ☐ No preference
- ☐ No lunch

*Please answer the following questions; it will help us know more about our participants. When you answer all the questions, you are automatically entered in a raffle during the conference.*

**Gender:** ☐ Male ☐ Female ☐ Other: \_\_\_\_\_

**Age:** ☐ 13-17 ☐ 18-24 ☐ 25-34 ☐ 35-44 ☐ 45-54 ☐ 55-64 ☐ 65-74 ☐ 75+

### With which population do you work?

☐ Children ☐ Youth ☐ Adults ☐ Older adults

**What area of health do you work?** (e.g., mental health, diabetes, etc.)

**Country of origin?** \_\_\_\_\_

**I speak:** ☐ Spanish ☐ Spanish and English ☐ English

☐ Spanish, English and another language: \_\_\_\_\_

### Payment Method

- ☐ Credit card:  
Call 213-613-0630 if you need assistance.
- ☐ Check/ Money order/ Organization check
- ☐ Other: \_\_\_\_\_

NAME:

ORGANIZATION:

## WORKSHOP REGISTRATION

### WORKSHOPS A

(Friday 10:15am–12:15pm)

- ☐ “Caution, It’s Hot!”: A Burn Prevention Program for the Whole Family
- ☐ 10 Alzheimer’s and Dementia Warning Signs
- ☐ An Ace Up Your Sleeve: Creative Techniques to Educate Others About Cancer
- ☐ Autism Spectrum Disorder and Developmental Delays
- ☐ Educating Under the Tent
- ☐ Planning for a Healthy Home, Body and Baby
- ☐ What Is Gender Violence and How to Recognize It?
- ☐ Get Counted! Lead your Family and Community Count for the 2020 Census
- ☐ Reproductive Health...Family Planning Methods...and the Key Question: Do You or Your Partner Plan to Have a Baby in the Next Year?
- ☐ Catalytic Leadership to Achieve Community Change
- ☐ Prostate Cancer Handbook: Raising Awareness About Prevention of Prostate Cancer Among Latino Men
- ☐ Education Leaders Empowering Parents
- ☐ Supporting Children’s Learning for a Better Future: Supervising the Academic Progress of our Children

### WORKSHOPS B

(Friday 3:00pm–5:00pm)

- ☐ The Role of Health Promotoras in the Advancement of Environmental and Occupational Health
- ☐ Bureau of Victims Services: Helping Victims Become Survivors
- ☐ What Is Research? Myths and the Participation of Latinos

- ☐ Parkinson’s: A Silent Enemy?
- ☐ What You Don’t Know About Diabetes: Empower Yourself with Medical Information and Improve Your Health!
- ☐ The Use of Popular Education in Community Outreach
- ☐ Promoting Active Living Through the Implementation of Successful Strategies in the Latino Community
- ☐ Alert, Strong and Safe: Self Defense for Promotoras
- ☐ How to Align the Physical Mind with the Higher Mind
- ☐ Disaster Preparedness: From Home to Community
- ☐ Healing with Art
- ☐ Negative Effects of the Excessive Use of Technology Among Children

### WORKSHOPS C

(Saturday 7:00am–8:00am)

- ☐ Bailoterapia
- ☐ We Are Vibrational Beings: We Are What We Think

### WORKSHOPS D

(Saturday 9:00am–11:00am)

- ☐ Stop the Bleeding: Wound Hemorrhage Control
- ☐ Poisonous Beauty: The Danger of Mercury in Facial Creams
- ☐ Reaching Your Financial Goals
- ☐ No to Blackouts! Justice in Public Services to Protect Community Health
- ☐ Promoting Healthy Changes Within the Community
- ☐ “A Heart to Heart Talk” How’s Your Self-Esteem? Achieving Emotional Wisdom
- ☐ Social Networks and Health Promotion

- ☐ Interconnectedness and Your Well-Being
- ☐ Use and Abuse of Alcohol and Other Substances Among Older Adults
- ☐ The Art of Parenting
- ☐ Answers About the New Immigration Proposal on Public Charge
- ☐ Reaching Mental and Spiritual Freedom
- ☐ Helping the Caregiver

### WORKSHOPS E

(Saturday 1:45pm–3:45pm)

- ☐ When Your Kidneys Fail
- ☐ Returning to My Roots
- ☐ Respecting Diversity: Getting to Know the LGBT Community
- ☐ Managing Your Time Wisely
- ☐ Building Strong and Healthy Relationships
- ☐ Key Ingredients to Improve Schools and Student Performance: Family and Community Engagement
- ☐ Environmental Justice: Exposure to Lead and Other Chemicals
- ☐ Recovering from the Grief of Being an Immigrant
- ☐ Compassion in Action... The Real Connection
- ☐ Nutrition, Happiness and Compassion: Food with Love, Peace in Your Heart
- ☐ Saving Lives By Participating in Clinical Cancer Trials
- ☐ Learning to Love Yourself
- ☐ How to Avoid Unnecessary Suffering When Confronting a Health Crisis
- ☐ Immigration, Know Your Rights

*For questions or more information, please email the registration team at [annualconference@visionycompromiso.org](mailto:annualconference@visionycompromiso.org).*

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