8:30 – 9:30am  Registration

9:30 – 10:30am  **Breakfast & Morning Speaker—Venus Ginés,** Faculty Member, Chronic Disease Prevention and Control Research Center at Baylor College of Medicine in Houston, and Founder/CEO, Dia de La Mujer Latina.

10 MINUTE BREAK

10:40 – 11:25am  Platica Choices A1 - AC

A1  
**Que es la Buena salud? What is Good Health?**

Dr. Eduardo Sanchez will explore common myths regarding the look of good health. He will share facts about common chronic diseases, including misconception around “good” health such as the perfect weight, size, and environment. Together, we will explore current information regarding interventions/treatment critical to our well-being.

**Presented by Dr. Eduardo Sanchez** - American Heart Association

A2  
**El Poder de Nuestra Historia Familiar de Salud- The Power of our Family Health History**

Families have many factors in common, including genes, environment, and lifestyle. Together these factors provide clues to current and/or forthcoming medical challenges for our families. **Dr. Deanna Cross** will explore those histories critical to our well-being and those of future generations.

**Presented by Dr. Deanna Cross** - University of North Texas Health Science Center

A3  
**Expanding the Role of Promotores and Advancing Health Equity**

Venus Ginés will discuss how access to care, communications with the provider, and delivery of services in the health care setting can be hindered if providers within the system have limited capacity to interact with patients in a culturally and linguistically competent manner. She will explain how the integration of Promotores/Community Health Workers into local government programs has become a viable means for advancing community resilience, preventive care and wellness.

10 MINUTE BREAK

11:35 – 12:20pm  Platica Choices B1 or B2

B1  
**Talk First—How to talk to your children about sexuality**

This workshop Samantha Bohrt will aim to guide parents, guardians, and trusted adults through the more often than not dreaded talk about issues surrounding sexuality. A trusted adult is the most important educator for the young people in their lives, and being able to begin and end a conversation as important as the, “Birds and the Bees”, is as vital to a young person’s future successes as any other discussion. Tips and helpful guidelines will be offered, and questions will be answered honestly and will be medically factual.

**Presented by Samantha Bohrt** - Planned Parenthood
B2

**Insurance 101- All About Health Insurance**

This workshop panel featuring Dr. Jaime Gonzalez, Tony Zavala, and Maria Mendez give feature general discussions about the frequently asked questions of health insurance, claims, disputes, etc. Learn how to more effectively communicate with your health insurance company and what to do in case your claim is denied.

*Presented by Dr Jamie Gonzalez – Health Plan Alliance, Tony Zavala - Frost Insurance and Maria Mendez – Aetna, Inc.*

B3

**Para Nuestra Salud: Latino Nutrition Workshop**

Diabetes and obesity related illnesses are a constant and prevalent challenge facing families in the Latino community. Latino/Hispanics are almost twice as likely as non-Hispanic whites to be diagnosed with diabetes by a physician, and 50% more likely to die from diabetes. Our children are affected as well, as research shows they are twice as likely to battle obesity. This panel will stress the importance of healthy nutrition and provide helpful insight.

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10 MINUTE BREAK

12:30 – 1:30pm **Lunch & Keynote Speaker—Dr. Luis Zayas**

Dean of the School of Social Work and Robert Lee Sutherland Chair in Mental Health and Social Policy, University of Texas at Austin.

1:40 – 2:25pm **Platica Choices C1 – C3**

C1

**Exploring the Stigma of Mental Health in the Latino Community**

*Dr. Luis Zayas* will explore the challenges many Latinos face when confronted with issues associated with mental health such as depression, anxiety, and helplessness. He will discuss how our community can help.

*Presented by Dr. Luis Zayas - University of Texas at Austin*

C2

**Health Education for Everybody - Men’s Discussion**

This workshop on men’s sexual health will discuss topics of importance to a man’s everyday health care, including

- General health care and routine physical exams
- Safer Sex guidelines
- Checkups for reproductive or sexual health problems
- STD testing and treatment

*Raul Rojas* will offer tips and helpful guidelines will be offered, and questions will be answered honestly and with medical accuracy.

*Presented by Raul Rojas - Planned Parenthood*

C3

**Health Education for Everybody - Women’s Discussion**

This workshop on women’s sexual health will discuss topics of importance to a woman’s everyday health care, including

- General health care and routine physical exams
- Safer Sex guidelines
- Birth Control
- Checkups for reproductive or sexual health problems
- STD testing and treatment

*Crystal Bigley* will offer tips and helpful guidelines will be offered, and questions will be answered honestly and with medical accuracy.

*Presented by Crystal Bigley - Planned Parenthood*

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2:30 – 3:00- **Call to Action and Conference Wrap-Up**