

WORKSHOPS · TALLERES
PRESENTERS · PRESENTADORES

HEALTH · ART · EDUCATION · COMMUNITY · MEDIA · BUSINESS · POLITICS
SALUD · ARTE · EDUCACION · COMUNIDAD · MEDIOS · NEGOCIOS · POLITICA



WANDA JEANTY, MD, MS, HC, earned a medical degree at Spartan Health Sciences University, St. Lucia, and a Masters in International Health from New York Medical College, New York. After years of working in clinical research, diverse clinical settings, and teaching medical courses, she found that many of her students lived with various health challenges, and that many people believed food myths.

FUEL YOUR BODY TO INCREASE YOUR ENERGY WITHOUT DEPRIVING YOURSELF OR FEELING GUILTY

Feeling lethargic? No energy during the day? Brain fog? This workshop will focus on 5 tips to become more energized, increase your mental clarity and productivity.



DORA INES GROSSO GARCIA. 23 years of experience as Clinical and Industrial Psychologist, university teacher, Family Therapist, individual and Group Dynamics, Human Ecology, Holistic Therapies, Yoga, Music Therapy and Art Therapy. **Taller en Español.**

ASSERTIVE COMMUNICATION, is a workshop for the expression of feelings, through hugs and positive and appropriate caresses.

MENTAL DETOX, is a dynamic exercise looking at the factors that pollute the mind and some strategies to clean it, to the light of music therapy.



KAYSER SEGURA was born in the Dominican Republic, came to NYC when he was 18 years old. Graduated from LaGuardia College. In 2011 he started working with UnitedHealth Care.

UNDERSTANDING DUAL SPECIAL NEEDS PLAN (DSNP) Brand new Special Needs Plan for Dutchess, Ulster, Orange, Rockland and Westchester. This plan is a \$0.00 premium plan with \$0.00 Co-payment for doctor visits, hospitalization, exams and many other additional benefits..



MARIA ELENA FERRER-HARRINGTON has successfully facilitated migration-related workshops since 2004. As a member of the global Athena Network Association — a clinical and academic initiative of the University of California, Berkeley School of Public Health’s Health Initiative of the Americas, the University of Barcelona’s Ulysses Syndrome Program and Paris Descartes University’s Francoise and Eugene Minkowski Center for Migrant Health — Maria Elena has presented her work with immigrants at the network’s annual “Migration and Mental Health” congress in London, Rome and Berlin, and leads the Athena Network New York, a psychosocial support network in the area of social services, health, and specifically in mental health, for immigrants experiencing psychological challenges related to the migratory process.

MOURNING THE HOMELAND A Special 2hour Workshop

A focal point of the workshop is to understand *migratory mourning*, a term referring to a little-known suffering immigrants face as they become separated from and experience losses of family, culture, language, land, social status, ethnicity and other changes associated with migration. Conversations about migration are often limited to its demographic and economic effects, disregarding the psychosocial and other human aspects. “It is vital to recognize the complex reality immigrants face,” says migratory mourning expert Joseba Achotegui, M.D., Ph.D. “There is a tendency to devalue the human aspects of migration because they cannot be standardized on graphs, tables or algorithms.”

The workshop, incorporating the social determinants of health, will provide a stimulating approach that is practical for building cultural competence in healthcare delivery, community services, and social and psychological provisions for immigrants.



EDUARDO PARRA

Institute For Integrative Nutrition
 Certified Health Coach with the official sanction of the New York State Department of Education Concentration in the Psychology and Human Behavior Associated with Nutrition.

**INFLAMMATORY AND DESINFLAMMATORY MEALS
 ELEMENTS THAT SLOWLY INTOXICATE AND THEIR RELATIONSHIP WITH MENTAL ILLNESS
 RELATIONSHIP OF GLUTEN IN HEALTH AND ITS USE**



LILIA PÉREZ joined Arts Mid-Hudson (AMH) in May 2016 and serves as Grants and Program Associate. Together with the AMH Grants Team she facilitates a grant program that distributes arts funding for the New York State Council on the Arts’ Decentralization Grant Program, and the Dutchess and Ulster County legislatures. She has provided guidance to hundreds of applicants, and assisted on grant review panels.

OPPORTUNITIES IN PUBLIC ARTS FUNDING

Learn about Arts Mid-Hudson’s funding opportunities for arts and cultural programming available in Dutchess, Orange, and Ulster Counties. Hear tips on how to write a competitive grant proposal and discuss the positive impact of a vibrant arts scene on the mid-Hudson region. Will conclude with a Q&A.



ELISA PRITZKER American, born in Argentina, visual artist, mentor and independent curator based in Ulster County, New York-- has exhibited at MoMA, Queens, Hudson Valley MOCA and Dorsky Museums among many group and solo exhibits. Her art is in permanent collections in the US and abroad. She received two Congressional Awards from US Congressman Maurice Hinchey for her works in the field of the Arts/Community. Recently in 2017 she also received the Ulster County Executive Hispanic Heritage Award from County Executive Mike Hein from the Ulster County Executive's Office, New York State. Visit her art at her website: www.elisapritzker.com and learn more of her career at Wikipedia: Elisa Pritzker.

IDEAS, SUGGESTIONS, SOLUTIONS FOR VISUAL ARTISTS, this workshop is aiming to be an open forum to debate ideas, gain suggestions, discover insights and learn solutions to sharpen any art career. Whether you are a beginner or and advanced artist, this group session is perfect for you. Participants are welcome to bring one/two originals or images of their own art. For questions, contact Pritzker at: pritzker.studio.gallery@gmail.com



MARIKSA "MARI" NIEVES is a Program Coordinator for Literacy Connections of The Hudson Valley. She has worked in nonprofit for over 15 years and continues to passionately serve her community. Ms. Nieves currently serves on committees such as the Multicultural Committee for the Poughkeepsie Journal and the Bringing Agencies Together Coalition. As a mom of three she also volunteers for the local PTA, and spends her free time working with organizations and community leaders to effect positive change.

WHY ADULT LITERACY IS EVERYONE'S PROBLEM We can't solve all the problems that cause low literacy in adults. But we CAN rally together to tackle illiteracy in our very own communities. In one way or another adult literacy affects us all. Join us as we discover ways to work together to build resources for those that need it the most.



CARLA CASTILLO began as Senior Planner / Clean Energy Communities Coordinator for HVRC in August 2016. Carla directs NYSERDA's Clean Energy Communities Program in HVRC's 7-county Mid-Hudson Valley Region, promoting economic development while reducing energy use and greenhouse gas emissions as well as increasing energy cost savings through the implementation of clean energy projects.



HUGO JULE-QUINTANILLA is an experienced promoter of clean energy programs with a special focus on the Hudson Valley. His education and training include a degree in Mechanical Engineering Technology, an Associate's degree in automotive engineering, training as a Photovoltaic (PV) and solar thermal (ST) systems installer, energy management by the Association of Energy Engineers and training for Passive House consulting.

LIVING GREEN, DAILY CHOICES MAKE A DIFFERENCE will provide valuable information about the benefits of protecting our environment and how we can all benefit from participating in programs managed by local municipalities and the State of New York. Information about residential energy efficiency programs and renewable energy for residential customers as well as the work that many cities and towns are implementing in the Hudson Valley will be covered. Clean transportation initiatives such as rebates for electric vehicles and charging stations will also be presented.



HUGO ACOSTA is the founder and owner of the CNY Latino Media Consortium, publisher of the ONLY Hispanic oriented newspaper in Central New York, producer of 2 weekly “Spanish” radio shows, and host of a popular Latino website portal in New York State. Native from Venezuela, he is a graduate of both Computer Science from the University of Colorado, and Marketing & Advertising from New York Institute of Technology.

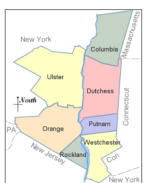
HOW TO SELL AND MARKET TO THE LATINO CONSUMER Compendium of practically everything and anything that is needed to know, about reaching and selling to the large Hispanic population in United States. Detailing the different components in Marketing & Advertising, this presentation will also elaborate and explain the basics about how to approach to this culture, demographical data and statistical information about the Hispanic population, when to use (and when not) what language, how to be culturally sensitive and politically correct, what to advertise to whom and when, how to use the Internet and other Digital approaches for this Culture, what Media outlets to use for what and how, and many more other aspects of properly target this huge and growing Market in the U.S.A.



INAUDY ESPOSITO, MS is the Executive Director for the Orange County Human Rights Commission. She is vastly experienced and trained in gender violence issues, including domestic violence, sexual assault, and human trafficking. Born in the Dominican Republic, Mrs. Esposito came to the United States with her family at the age of 7, and has lived in the Hudson Valley since 2003.

ACHIEVING CULTURAL COMPETENCY AND INCLUSION IN THE WORKPLACE Participants in this workshop will develop a common understanding about the value in diversity and inclusion in the workplace, and discuss how to work towards achieving cultural competence and inclusion in their organizations.

GENDER EQUITY IN THE WORKPLACE AND THE IMPORTANCE OF WOMEN AS LEADERS This dynamic conversation, will discuss the importance of gender equity in the work place, and the value of having women in leadership roles.



MIKE FONDACARO is best known as the Editor of Noticias y/e Notas a weekly email sent free of charge for nearly 13 years that updates people on news and events in Spanish and Portuguese speaking communities in Upstate New York and New England outside of Boston. Mike has won numerous awards for his work on Noticias. Mike is a graduate of the College of Saint Rose in Albany, with degrees in Spanish and Public Communications.

THE ELECTORATE MAP IN THE HUDSON VALLEY 2017 was a banner year for Latino elected in the Hudson Valley. Numerous individuals were elected at the county, city and town levels. Lets see the electorate map in the Hudson Valley.



JACQUELINE COLON HERNANDEZ As a mother of four, she understood her role in advocacy and education are critical for the community, and most importantly, her children. From starting her own school to creating a pilot teen center program, to running for local office, she continues to fight for the needs of youth, protect community natural resources, and advocate for equal opportunities for all within her community.

TAKING YOUR SEAT AT THE TABLE A brief history of a novice political candidate who secured her win as the first Latina Councilwoman in Woodbury New York, and a step by step outline for stakeholders to follow, allowing them to take their seat at the political table. The focus of this workshop will be to provide the participant with a viable pathway to enter the political world.