



For Immediate Release:
October 18, 2017

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Dia de la Mujer Latina Celebrates Rebuilding Houston - “Restoring Mind, Body Spirit” series

October 18, 2017 HOUSTON, TEXAS — Dia de la Mujer Latina® (DML), launched Hispanic/Latino Heritage Month with a tribute to all the Latino leaders, individuals from faith-based and community-based organizations who provided assistance to our Latino community during and after Hurricane Harvey by working tirelessly to provide food, clothing, supplies, and computer assistance with FEMA disaster assistance. Many local Latino churches, business owners and Promotores/Community Health Workers received bulks of supplies and more importantly, the opportunity to hear from our Special Panel, selected to provide much needed answers in Spanish at the 1st of the series entitled, **After the Disaster: Restoring Mind, Body, Spirit**” on October 14, 2017 at the Southwest Multiservice Center from 9:00am to 3:00pm. This was DML’s 4th Recovery event.

This special day featured representatives from FEMA, SBA, Harris County Public Health, Houston Health Department and Catholic Charities to bring us up-to-date with the current recovery efforts, as well as the legal rights of Harvey survivors in the Spanish language. In honor of Breast Cancer Awareness Month, Oncologist Dr. Díaz-Arrastia from Memorial Hermann spoke about the importance of early detection screening for breast cancer in our Latino population and was followed by Dr. Rahmaan-Russell from BCM Menninger Institute covering PTSD/mental health. Our Keynote Speaker, Jakeline Ramos, MSW, spoke about the remarkable role of Spirituality in the Recovery process. The afternoon workshop provided important information on safety precautions in recovery process.

Since 1997, Día de la Mujer Latina, Inc., in partnership with a multitude of community leaders, healthcare providers and dedicated volunteers have addressed the challenges and barriers experienced by many of our Latinos with our signature health fiestas and has currently trained and certified more than 1400 Texas State Certified Promotores/Community Health Workers in Texas alone. These trusted members of our community have attained the skills for emergency preparedness and rebuilding community resilience after a disaster, as one of their core competencies.

According to Venus Ginés, President and Founder of Dia de la Mujer Latina® (DML), *“By the grace of God and with support from friends of the mission and Houston Health Department, as well as sponsorships from the Pfizer Foundation and AETNA Foundation, we have been able to reach 7892 with plans to continue our **Rebuilding Houston - Restoring Lives** series for many more months to come.”* DML’s mission has expanded now after the onslaught of deadly disasters in Puerto Rico and Mexico and hope to launch these programs to these respective communities in the very near future. For more information, visit our website at www.diadelmujerlatina.org.

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Día de la Mujer Latina y Su Familia® signature health fiestas along with its bilingual Promotores/CHW Training Program, was launched in 1997 as a community specific grassroots program in more than 40 states, Puerto Rico and Dominican Republic.