



## University of California, Los Angeles Hermanas Unidas



Hermanas Unidas de UCLA would like to cordially invite your school to be a part of our annual *Health and Education Conference*. Hermanas Unidas aims to provide a familial network for underrepresented students through an emphasis on our three pillars: academics, community service, and social networking. The organization was created to assist young women in their higher education endeavors. On our 15th annual Health and Education Conference we seek to continue this goal by empowering young high school and community college girls to pursue a healthier lifestyle and a higher education at a 4-year institution. The conference will take place **Saturday, May 15, 2021, from 9am-4pm through Zoom**. We will present workshops on the following topics: body + mental health awareness, legacy through the lens of transformative justice, and a guide on how to engage in social activism as a student.

In the first workshop, we plan to look into the various aspects of health. More specifically, we will delve into the topic of mental health and how our body image affects how we carry ourselves as well as how mainstream media influences unrealistic body types. The topic of mental health is important because it is rarely taught in high schools in a shared and comfortable setting. Our goal is to raise awareness of the many health and social issues many of us face every day. Through this component of the conference, we hope to provide young high school and community college students with information and strategies that they can utilize in order to combat the stigma against body + mental health and to foster their own mental well-being.

The education component of our conference is equally as important. As UCLA students, we believe the key to success lies within the pursuit of higher education. We want to motivate younger generations to pursue higher education and to learn about the legacy of Black and Latinx folx who have fought to pave the way for us to do so.

In addition, our Health and Education Conference is a unique experience for high school students given it is organized and led entirely by women of color. We host a third workshop aiming to demonstrate the importance of engaging in social activism. It is important to inspire high school students such that they feel confident in contributing to their communities. In previous years, the empowerment workshop has focused on relationships, self-image, and leadership. Through different interactive activities, such as skits and videos, we hope the students walk away from this workshop with an increased sense of agency over their academic and personal lives.

Finally, to commemorate our 15th annual Health and Education Conference we will be giving the students a virtual Q&A led by current UCLA students as well as an exciting giveaway.



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**Agenda**

9:00am-9:40am: Introduction and Group Activities

9:45-10:45: Workshop 1

10:50-11:50: Workshop 2

11:55-12:55: Workshop 3

1-2: Lunch

2-3: Keynote Speaker

3-4: Ending Remarks and Giveaway

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