

PRESS RELEASE

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Latina Women's – INFLUence Indiana Female Leaders Unite

Indianapolis, IN – On Wednesday, March 31st at the Mariano Center (St. Mary's Catholic Church), on 311 N. New Jersey St., twenty-six Latina women from Indianapolis and surrounding counties, attended the Women's INFLUence (Indiana Female Leaders Unite) event in collaboration with the Indiana Latino Institute, Inc., the Latino Health Organization, Clarian Health, Anthem, and the Indiana Minority Health Coalition.

What is INFLUence: A women's health initiative created by the Indiana State Department of Health as an effort to incorporate the participation of influential women of Indiana who are leaders in government, business, health care, education, media, faith-based, and community organizations. INFLUence provides an avenue by which powerful Hoosier women are educated regarding critical women's health issues and then given a charge to advocate for women's health in their own spheres of influence.

At this March 31st event, the women present heard from:

- a) Alivio Medical Center, Dr. Lluvia Medina, and Dr. Almendra Medina, regarding how diabetes, cholesterol, and bad nutrition affect your heart.
- b) Indiana Latino Institute, Inc, Maria Luisa Tishner, Program Director, and Marcela Flores, Outreach Specialist, regarding diabetes and tobacco, "A Dangerous Combination."
- c) Dr. Elvia Hurtado-Hursh, regarding Mental Health and its relation with Physical Health
- d) Stylist, Alberto Medina, Tips for building self-esteem.

Also, Debora Ramirez, a student from Harrison College and a volunteer for the Latino Health Organizations were in charge of taking blood pressure screenings and body mass index checks on all the participants.

Maria Luisa Tishner and Marcela Flores educated the women on the harmful facts of tobacco use, second hand smoke, and how comprehensive smoke free air policy in Indianapolis would benefit themselves, their family and community at large. Shared stories on how tobacco had affected the lives of those present and a feeling of empowerment to make a difference in the health of their communities resulted in 13 letters written to the Indianapolis Mayor.

For years, the Indiana Latino Institute, Inc. and the Latino Health Organization have been committed to encouraging Latina Hoosiers to become more proactive in promoting health issues in their communities.