**Vision for the Future:**

My aspirations are to create equal opportunities and to be an advocate for healthier families. I want to help people of low socioeconomic status and minorities, with an emphasis on the Latino population.

In Addition:
I was able to join my supervisor at advisory board, APHA and Supervision meetings.
- At the advisory board meeting I learned how research like the one of my internship can be implemented to benefit the community. I also learned about many amazing programs that are great resources for the elderly.
- At the APHA meeting I learned about how to get involved in public health and what kinds of issues are most prevalent in public health.
- At the supervision meetings I learned about the issues that may come up when working with participants and the best ways to address those issues. I also learned about how to account for mistakes or misunderstandings so that we know why the data may be skewed.

**PROMISE Workshops**
- Navigating my identities in the professional sphere.
- Developing my personal brand
- Holistic community Engagement
- Professional Development Day
- Networking Event

**Personal and Professional Growth**
- Being my most authentic and professional self through my work, my identities, and my values
- Discovered my skill of trust building
- Gained knowledge on community resources all around the Willamette Valley for Latino families, low income families and for the elderly.
- Gained skills for making spread sheets, seeking resources and connecting with community organizations
- Idea for the future