

Salud Juntos Wellness Workshops

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2013-2014 NC Albert Schweitzer Fellows



Our project

We addressed mental and physical health disparities of Latino youth by conducting weekly wellness workshops at El Buen Pastor Latino Community Services Center in Winston-Salem. Each week, we held one session for middle school students and a separate session for high school students. We created a community of empowerment to encourage healthy lifestyle choices.

Activities

- Our weekly workshops were structured with conversations, hands-on activities, and providing healthy snacks.
- Topics included healthy eating, disease education, drug and alcohol awareness, social media safety, as well as emotional and relationship health.
- Yoga and cooking classes were enjoyed as special events.

Outcomes

By the end of our year-long project:

- 19 of 20 students participated in physical activity for 30 minutes at least 4 times a week.
- 18 of 20 students eliminated all drug, alcohol or cigarette use.
- Almost half of our students replaced one snack a day with a healthy option.
- Half of our students reported improved scores on the Pediatrics Symptoms Checklist.

Sustainability

- Next year, John and Corey will sustain the project with the help of the Wake Forest Latino Medical Students Association. Salud Wellness will evolve into a mentoring program that pairs medical students with middle and high school students at El Buen Pastor.
- The mentor-mentee partners will meet monthly to discuss the student's health goals throughout their high school careers.
- The entire group will meet for yoga and meditation classes, cooking workshops, and group discussion throughout the year.



Yoga class with the high school students



Learning about blood pressure



Chopping vegetables



Trimming chicken



An afternoon with the high school class