

Assessing Latinas' Physical Activity

Our purpose is to find better ways to measure physical activity for Latinas, whose daily routine include many types of housework, childcare and recreational activities.

QUALIFICATIONS:

You qualify to participate if you:

- ✓ Identify as Latina
- ✓ Have a young child that you live with

AND

- ✓ Live in the San Fernando Valley

PARTICIPATION REQUIREMENTS:

Complete these homework assignments to prepare for the charla:

1. Fill out a survey
2. Watch a 20-minute video
3. Keep a log of your physical activities for one week
4. Participate in a virtual interview

If you qualify and you are interested in participating, please register here:

www.visionycompromiso.org/events

Charla dates can be found on the registration form.

