



This is a past participant of Tomando Control de Su Salud workshop in February 2023 in the Little Village (La Villita) neighborhood in Chicago, cofacilitated by Yolanda Vázquez and Yessenia Cervantes- Vázquez. La Villita is a majority Latino neighborhood with most residents being of Mexican birth or heritage and many only Spanish speaking.

For Session 6 of the workshop, when we shared about our 3–6-month Action Plan goals, this participant said she finally felt ready to be brave and pursue her dream of formalizing a dessert business instead of just making the occasional order for friends. During the previous sessions, this participant would often bring health-conscious sweets to share with staff and participants, including nopal (cactus) pie, no added sugar beet muffins, fresh fruit salads and even a kale pineapple tart. She credited the workshop and all the good energy she picked up from the group plus the tools she learned as being the *final push* she needed to venture into making her dream a reality. We were all excited to hear about her long-term goal because we could all attest to the deliciousness she could create.

A few months after the workshop ended, I attended a Back-to-School event in August 2023 hosted by TCEP (Telpochcalli Community Education Project), which is the organization that referred her to our programs. She was volunteering at the same event with TCEP and when we crossed paths, she gave me the biggest hug and said “I want to show you something! Wait here” I was busy at the informational table I was tending to, but when she came back, she gave me a beautiful cupcake and a bottled Horchata. They were both packaged and labeled with her business logo “La Güerita.” That is her nickname as well. Her logo was not only official, but she also successfully gained city permission to have her dessert truck selling outside Navy Pier in downtown Chicago. This is one of those perfect stories that illustrate how powerful Action Plans and EBPs can be; they have the potential to impact people’s lives far beyond their health goals. It also speaks to the potential our Latino community is eager to tap into.