

Community Wellness con S.A.B.O.R.

A community-led model for advancing health equity through movement, education and trusted partnership

YESI CRUZ • CT MONTGOMERY • CRISTAL ALATORRE

2026 Joint Public Health Conference



The barrier was not a lack of services—it was the distance from them

Communities were surrounded by resources, yet access still depended on knowing where to go, whom to trust and how to navigate fragmented systems.

SABOR created a trusted, recurring entry point where wellness, education and connection happen together.

THE ACCESS GAP

INFORMATION was scattered

TRUST had to be earned

NAVIGATION fell on residents

Three independent organizations built one shared platform

**Ubuntu Rooted
(Formally TCD&IC)**

**Community trust, cultural
connection and convening**

CT Montgomery

KADLEC

**Community health
expertise, quality
improvement and movement**

Yesi Cruz

PLANNED PARENTHOOD

**Health-equity strategy,
education and access**

Cristal Alatorre

No organization had to become the other. Each brought its authority—and each shared power.

Collaboration became an operating practice—not a logo line

SHARED PURPOSE

Health equity stays above organizational credit.

DEFINED STRENGTHS

Each partner leads from expertise and lived connection.

CONSISTENT DECISIONS

We plan, troubleshoot and adjust together.

COMMUNITY ACCOUNTABILITY

Participant feedback has authority in the room.

S.A.B.O.R. is a five-part health-equity framework

S

Salud

Whole-person
health

Health

A

Acceso

Low-barrier
connection

Access

B

Baile

Culturally
relevant
movement

Dance

O

Oportunidad

Pathways and
possibility

Opportunity

R

Reparar

Trust, restoration,
belonging

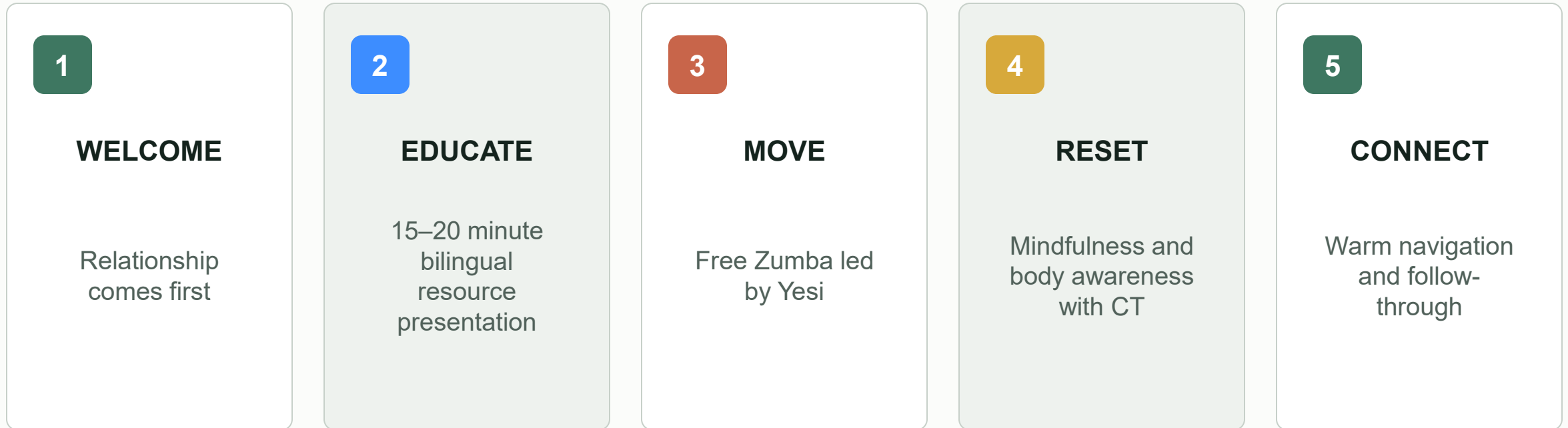
Repair

SABOR means “flavor.” The model works because the ingredients are integrated—not delivered in isolation.

The model comes alive through community experience



A repeatable weekly rhythm turns attendance into connection



Consistency allows participants, presenters and partners to build trust over time—not in a single encounter.

Reach matters because it is producing stronger pathways

2,900+

participants served

77

classes hosted

28

community partners

Reported impact

Increased knowledge of services • stronger engagement with community resources • greater trust • connections to healthcare, employment and social support • participants becoming Promotoras de Salud

Community Organizations

Several organizations provided bilingual presentations (English and Spanish) on the services and resources available to the community. In addition, a weekly resource table showcased helpful materials and health-related books.



The first session featured the Community Health Worker and Equity & Engagement Program presenting an overview of all the resources they offer. The second session focused on staff sharing details about the Pregnancy and Motherhood Program.



Deliver information on Migrant program for students.



During the first session, the team presented information about the services offered. The second session featured an educational session on hypertension.



Delivered a presentation on immigration rights and available resources.



BENTON FRANKLIN
LEGAL AID

Provided information on services and support available for those who meet eligibility requirements.



Kadlec Community Health Workers presented information on the upcoming Hepatitis C event and highlighted weekly health services available at St. Vincent de Paul.



Integrated Behavioral Health led a discussion on mental health during Mental Health Awareness Month.



Introduced the new community Sewing Center and its offerings, which operate on a donation-based model.



Presented Comprehensive Safety Action Plan (CSAP) to enhance transportation safety.



Promotores de Salud presented an overview of the program and invited participants to receive training and volunteer.



Presented the importance of CPR training and classes available.



Bilingual realtor provided an overview of the first-time homebuyer process and related resources.



Presented on the importance of having insurance and understanding coverage options.

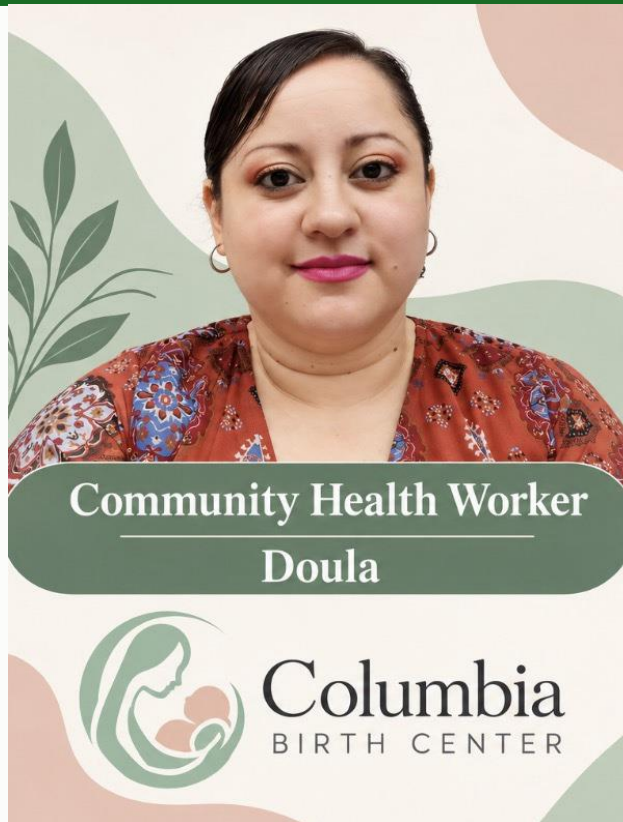


Presented a holistic approach to breast health workshop. Registered participants for Building Sisterhood through collective healing retreat & cohort.

Participant testimony: belonging can become a pathway

“

What started as a place to exercise and have fun became a place where I built meaningful connections, discovered new opportunities, grew professionally, and found a career that allows me to serve my community.



The model works because trust is designed into the system

COMMUNITY-LED

Needs and lived experience shape delivery.

CULTURALLY GROUNDED

Language, movement and relationships reflect community.

CROSS-SECTOR

Partners coordinate around the person—not the institution.

CONSISTENT

A weekly rhythm creates repeated opportunities for trust.

WHOLE-PERSON

Physical, mental, social and practical needs stay connected.

Replication begins with local listening and guided adaptation

1

LISTEN

Map community priorities, trusted messengers and barriers.

2

ALIGN

Build a cross-sector table with shared purpose and defined strengths.

3

DESIGN

Adapt the SABOR pillars and weekly rhythm to local culture.

4

LAUNCH

Prepare partners, facilitate consistently and create warm pathways.

5

LEARN

Measure reach, experience, connection and community-directed change.

Our team can support readiness, partnership design, facilitator preparation, implementation and learning.

SABOR offers a model—and our team offers a partnership

BUILD

Partnerships that coordinate instead of compete.

MOVE

Health equity beyond traditional service settings.

CENTER

Community voice from design through evaluation.

Bring SABOR to your community

Replication partnerships • training • technical assistance • speaking

**CONNECT WITH CT • YESI •
CRISTAL**

HOW WE STARTED

DEC 2024



PRESENT



FOLLOW US

on social media!

¡SÍGUENOS EN NUESTRAS
REDES SOCIALES!



INSTAGRAM



FACEBOOK

Same community. More connection.