



Partner Spotlight



Sonia Acosta, PhD, President/CEO Centro Multicultural La Familia

Description of Organization:

Centro Multicultural La Familia is a nonprofit organization whose mission is to provide bilingual services in the areas of mental health, substance abuse, domestic violence and home-based early childhood education.

What's the biggest benefit of being a part of HPWC?

Centro has been able to develop stronger collaborations with agencies focusing on physical exercise, healthy nutrition practices, and receive funding to support healthier lifestyles for our clients.

What are you most proud of in Pontiac?

I believe Pontiac is in a revival period. Mayor Waterman and her staff have built new partnerships and through these collaborations with businesses, nonprofits, educational institutions and social services agencies, the City has made many improvements. Pontiac residents are using parks more often and are getting involved.

Favorite healthy meal?

Jicama with chili powder.

Favorite exercise?

Walking and Zumba classes.

Three fun things about me:

1. I like to sing (not in public) and dance.
2. I am told that I have a good sense of humor. I especially like it when I invent a word in English and, because many words have a Latin root, the word happens to exist!
3. I am adventurous and go with the flow. My daughter gets frustrated with me because I don't plan our vacations every step of the way.

For more information on Centro Multicultural La Familia:
Visit www.centromulticultural.org or find them on Facebook.

