

Let's Talk About It!

March 2017

Wellness Radio



*With
 Scott
 Dudley
 & Maria
 Wyatt*

If you have any questions that you would liked answered on the show, please send an email to:

wellnessradio@co.imperial.ca.us

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of March 6 th	<p>Playing for Change: Music's Transformative Power (Originally aired on January 2016)</p> <p>Playing for Change was created to connect the world's people through music. The idea for this project came from a common belief that music has the power to break down boundaries, overcome distances between people and create positive change.</p>	<p>Mark Johnson Chairman of the Board Playing for Change Foundation</p>
Week of March 13 th	<p>Yoga and Mental Health (Originally aired on August 2015)</p> <p>Yoga improves a person's psychological/mental well being, which helps reduce anxiety and depression. Yoga also helps boost memory and improves concentration. It can prevent the onset of mental health conditions, which are prevalent during adolescence. Local yoga instructor Dipa Patel joins us to introduce us to yoga and its mental health benefits.</p>	<p>Dipa Patel Certified Yoga Instructor</p>
Week of March 20 th	<p>Families in Crisis: A View from the Bench (Originally aired on January 2015)</p> <p>Years of judicial service have given Hon. Judge Ulloa a unique perspective on the inherent strengths, challenges and lives of the people of Imperial County who face the impacts of family crises.</p>	<p>The Honorable Juan Ulloa Judge of the Superior Court of California Imperial County</p>
Week of March 27 th	<p>Therapeutic Riding and Mental Health</p> <p>Therapeutic Riding offers physical, social, and spiritual benefits to people with disabilities. For those who have cognitive and or behavioral disabilities, communication skills may improve through interaction with the horse and instructor. Behavioral Health has an ongoing therapeutic riding program for youth and young adults; join us as we speak with Instructor Marsha Boutwell about her local program.</p>	<p>Marsha Boutwell Owner BMB Boarding & Animal Plus</p>

Tune in:



Thursdays at 8:00 a.m.



Saturdays & Sundays at 9:00 a.m.

Visit www.krop.info for streaming for internet 24/7



Sundays at 7:00 a.m.

Visit www.kxoradio.com for podcasts on demand

