

Let's Talk About It!

April 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 April 3 rd	Finding Recovery with a Song: Wellness Center Music Program Mental Health problems can shut down a life, as the stress of coping isolates and steals hope and energy. At the Behavioral Health Wellness Center, the music program brings people together making fantastic music in recovery. Join the Music Instructor Sergio Alberti and two <i>SuperStars</i> singers as they share their stories and songs with the community.	Sergio Alberti Music Instructor Wellness Center ICBHS – El Centro Cecelia & Jessica Members of the <i>SuperStars</i>
Week of April 10 th	Imperial County Office of Education: School Mental Health Support The Imperial County Office of Education brings together schools, communities, families and youth in a working partnership with Imperial County Behavioral Health to support students at all grade levels, in all county districts deal with different behavioral health challenges.	Kurt Leptich Director, Special Education Local Plan Area ICOE Miriam Belopolsky Director, Student Well-Being Department ICOE
Week of April 17 th	The Impact of Nutrients on Mental Health (Originally aired on March 2016) Healthy diet may provide the appropriate amounts of nutrients that our bodies and minds needs, particularly with vitamin and mineral supplements. Studies are proving that sufficient nutrients can improve our mental health. Join us, as we discuss these findings and their results with leading nutrition/mental health research Dr. Rucklidge.	Julia Rucklidge, Ph.D. Director Clinical Psychology Program Department of Psychology University of Canterbury, Christchurch, New Zealand
Week of April 24 th	Mental Health Support at Imperial Valley College IVC students, are you anxious about life? Depressed about grades? Imperial Valley College provides mental health services and referrals to Imperial County Behavioral Health if more support appears necessary. Come and join us as Guadalupe Garcia shares this resource.	Guadalupe Garcia, LMFT Clinical Mental Health Counselor IVC Student Health Center

Tune in:



Thursdays at 8:00 a.m.



Saturdays & Sundays at 9:00 a.m.

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Sundays at 7:00 a.m.

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