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Let's Talk About It!

October 2017

Wellness Radio



With Scott Dudley & Maria Wyatt

If you have any questions that you would like answered on the show, please send an email to:
wellnessradio@co.imperial.ca.us

SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of October 2 nd	<p>World Mental Health Day Summit</p> <p>World Mental Health Day Summit is on October 6th. The summit will take place on Imperial Valley College Campus. The summit, is to inform and educate the local leadership and communities of the Imperial Valley.</p>	<p>Patricia Arevalo-Caro, LPT Program Supervisor Center for Clinical Training ICBHS – El Centro</p>
Week of October 9 th	<p>Little Flower Yoga for Kids</p> <p>Little Flower Yoga is dedicated to making yoga and mindfulness available to children and teenagers. It challenges students to learn in new ways, make connections, and recognize their capacity to achieve. Join us as founder Jennifer Cohen Harper explores the role of mindfulness and focused movement in improved behavior and academic performance.</p>	<p>Jennifer Cohen Harper, MA Founder of Little Flower Yoga, Inc.</p>
Week of October 16 th	<p>Attention Deficit Disorder in Children (Originally aired on July 2015)</p> <p>We all know kids who can't sit still, who never seem to listen, who don't follow instructions no matter how clearly you present them, or who blurt out inappropriate comments at inappropriate times. Sometimes these children are labeled as troublemakers, or criticized for being lazy and undisciplined. However, they may have ADD/ADHD.</p>	<p>Pria Persaud, MD Board Certified Psychiatrist Children Services ICBHS – El Centro</p>
Week of October 23 rd	<p>Madness: A Bipolar Life (Originally aired on November 2016)</p> <p>"Madness will push you anywhere it wants. It never tells you where you're going, or why. It Tells You it doesn't matter. It persuades you. It dangles something sparkly before you, shimmering like that water patch on the road up ahead. You will drive until you find it, the treasure, the thing you most desire." -Marya Hornbacher, <i>Madness: A Bipolar Life</i></p>	<p>Marya Hornbacher Author, Professor and Journalist</p>
Week of October 30 th	<p>Transgender: Understanding the Gender Umbrella (Originally aired on August 2015)</p> <p>41% of people who identify as transgender report attempting suicide. Dr. Ebony M. Williams joins us to discuss the traditional gender model compared to the gender umbrella. Learn how the gender model may no longer be applicable, due to the different ways that people in our society see themselves or identify themselves within a complex gender umbrella.</p>	<p>Dr. Ebony M. Williams, Psy.D. Cultural Competency Consultant</p>

Tune in:



Thursdays at 8:00 a.m.



Saturdays & Sundays at 9:00 a.m.

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