

Let's Talk About It!

November 2016

Wellness Radio

Tune in:



Thursdays at 8:00 a.m.



Saturdays & Sundays
 at 9:00 a.m.

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The Best Oldies On The Radio

Sundays at 7:00 a.m.

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SCHEDULE:

TOPIC:

GUEST SPEAKER:

Week of
 November 7th

Imperial County Veteran's Service Organization (Originally aired on October 2014)

Veterans have a range of needs and supports, join us as we speak to the local Veteran's Service Officer about access, supports, and how Imperial County supports those who put their lives on the line for our freedoms.

Roberto H. Avila
 Veteran's Service Office
 Workforce Development
 Office of Veteran's Affairs

Week of
 November 14th

Mindful Warrior Project: Bootcamp for Re-Entering Civilian Life (Originally aired on October 2015)

Why Mindfulness for Veterans? Mindfulness is an evidence based therapy that has been proven in hundreds of research studies to have a positive impact in the following areas: quality of life (depression, stress & anxiety, performance, sleep, addiction, etc.), PTSD, TBI, and suicide, areas that are of significant importance in the veteran community.

Gail Soffer
 Founder and Executive
 Director
 Mindful Warrior Project

Week of
 November 21st

Madness: A Bipolar Life

"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. You will never find it. Madness may mock you so long you will die of the search. Or it will tire of you, turn its back, oblivious as you go flying. The car is beside you, smoking, belly-up, still spinning its wheels."

— Marya Hornbacher, Madness: A Bipolar Life

Marya Hornbacher
 Author, Professor, and
 Journalist

Week of
 November 28th

Identifying and Treating Eating Disorders (Originally aired on December 2015)

When you become so preoccupied with food and weight issues that you find it harder and harder to focus on other aspects of your life, it may be an early sign of an eating disorder. Studies suggest that 1 in 20 people will be affected at some point in their lives. Ultimately without treatment, eating disorders can take over a person's life and lead to serious, potentially fatal medical complications.

Dr. Aalamgeer Ibrahim
 Psychiatrist



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](mailto:wellnessradio@co.imperial.ca.us)

