

Let's Talk About It!

November 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 November 6	<p>Imperial County Veteran's Service Organization (Originally aired on October 2014)</p> <p>Veterans have a range of possible support needs, joins us as we speak to the local Veteran's Service Officer about access, supports, and how Imperial County care for those who put their lives on the line for our safety and freedom.</p>	<p>Roberto H. Avila Veteran Services Officer Imperial County Veteran Services Office</p>
Week of November 13	<p>Mindful Warrior Project: Bootcamp for Re-Entering Civilian Life (Originally aired on October 2015)</p> <p>Why Mindfulness for veterans? Mindfulness is an evidence-based life practice 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 disorders, or addiction, etc.) Post-Traumatic Stress Syndrome (PTSD), Traumatic Brain Injury (TBI), and suicide. These are areas that are of significant importance in the veteran community.</p>	<p>Gail Soffer Founder and Executive Director Mindful Warrior Project www.mindfulwarriorproject.org</p>
Week of November 20	<p>Serenity Park: Healing Veterans and Parrots (Originally aired on December 2016)</p> <p>Serenity Park Sanctuary is an independent work therapy program for disabled, formerly homeless, veterans with combat-related trauma. The veterans work with similarly traumatized, rescued parrots who reside at a sanctuary. The unique relationship that develops is therapeutic for both and the veterans are allowed flexible schedules so they can continue physical and mental health appointments, as they work towards healing.</p>	<p>Dr. Lorin Lindner Founder The Association for Serenity Park Sanctuary (C.A.R.E.)</p>
Week of November 27	<p>Our Healing Companions (Originally aired on December 2016)</p> <p>Celebrate our kinship with animals of all species and how this bond makes many of our lives complete. Examine the mysteries of why we connect with companion animals, as well as their possible role in therapy settings. Aubrey Fine integrates scientific explanations with personal anecdotes and testimonials to shed light on this unique love and it's happiness and healing potentials.</p>	<p>Dr. Aubrey Fine Professor California State Polytechnic University (CALPoly)</p>

Tune in:



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