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Let's Talk About It!

June 2019

Wellness Radio



With **Scott Dudley & Maria Wyatt**

Tune in:

Thursdays at 8:00 a.m.

The Best Oldies On The Radio

Sundays at 7:00 a.m.

Today's Hits...Yesterday's Favorites

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of May 27 th	<p>Mental Health Awareness Celebration at Imperial Valley College</p> <p>Imperial Valley College celebrated Mental Health Awareness with a series of informative presentations, and mental health supportive activities. Let's Talk About It was there. Join us as we speak to presenters, guests, and other community members about the values and variety of ways to support and be aware of mental health that are available in our community.</p>	<p>A Selection of Presenters, Community Members, Interagency Partners and ICBHS Experts</p>
Week of June 3 rd	<p>Our Healing Companions (Originally aired on December 2016)</p> <p>Celebrating our kinship with animals of all species illustrates how this bond makes our lives more complete. We examine the mysteries of why we connect with companion animals, as well as their possible role in therapy settings. Psychologist Aubrey Fine integrates scientific explanations with personal anecdotes and testimonials to shed light on this unique love affair and it's happiness and healing potentials.</p>	<p>Dr. Aubrey Fine Professor California State Polytechnic University (CALPoly)</p>
Week of June 10 th	<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. These 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 on their recovery.</p>	<p>Dr. Lorin Lindner Founder The Association for Parrot Serenity Park Sanctuary (C.A.R.E.)</p>
Week of June 17 th	<p>The Effects that Nature Has On Mental Health (Originally aired on May 2017)</p> <p>Research suggests simply sitting outside under a tree listening to the birds helps us relax and lowers stress and depression. Join us as we discuss this with Dr. Daniel Cox and the results of his study.</p>	<p>Daniel Cox, Ph.D. Research Fellow Environment and Sustainability Institute University of Exeter, Penryn, Cornwall England</p>
Week of June 24 th	<p>Finding Recovery with a Song: Wellness Center Music Program (Originally aired on April 2017)</p> <p>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>Superstar</i> singers as they share their stories and songs with our community.</p>	<p>Sergio Alberti Music Instructor Wellness Center Cecelia & Jessica Superstars</p>

