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Let's Talk About It!

Wellness Radio

October 2019



With **Scott Dudley**
 & **Maria Wyatt**

Tune in:



Thursdays at 8:00 a.m.



Sundays at 7:00 a.m.



Sundays at 7:00 p.m.

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SCHEDULE:	TOPIC:	GUEST SPEAKER:
Week of October 7 th	<p>When Love Goes Into Food: Mental Health Support From a Meal</p> <p>Research finds that people who eat home-cooked meals on a regular basis tend to be happier and healthier and consume less sugar and processed foods, which can result in higher energy levels and better mental health. For those who have discovered the joy of cooking, the magic of combining ingredients into flavors that nurture and sustain our loved ones fulfills and inspires us. Join Rina Godoy and Roberto Perez, the owner and head chef of <i>Antojitos Como En Casa</i> Restaurant as they share their story and their passion for adding love to food.</p>	<p>Rina Godoy Owner Antojitos Como en Casa</p> <p>Roberto Perez Head Chef Antojitos Como en Casa</p>
Week of October 14 th	<p>Split Thought: Media Isn't The Enemy, It's The Solution</p> <p>Youth are subject to ever-increasing amounts of media, from social media to phones that act as televisions, the world of media is sometimes described as a brave new world hazard, contributing to anxiety and stress. Rico Rivera, the pioneer of <i>Split Thought Videos and Podcasting</i> finds mental health support and healing in using the media and all of its forms to create self-expression, putting his truth out into the world of media.</p>	<p>Rico Rivera Founder Split Thought</p>
Week of October 21 st	<p>The Value of Healthy Sleeping to Mental Health</p> <p>Sleep is a vital, but commonly overlooked component to both mental and physical health. With a multi-tasking world driven by electronic devices seemingly always at our sides, the critical aspects of establishing and maintaining healthy sleep hygiene become critical to obtaining the benefits of healthy sleep. Join us as Albert Romero from the Imperial Valley Sleep Center, share more about the benefits and the practicing of healthy sleep.</p>	<p>Albert Romero, BS RPSGT Technical Director Imperial Valley Sleep Center</p>
Week of October 28 th	<p>Incorporating a Tai Chi Practice for a Healthier Mind and Body</p> <p>Tai Chi is a traditional Chinese low-impact martial art, practiced by over 3 million people in the U.S. for its health benefits. Studies indicates that Tai Chi has been associated with psychosocial wellbeing, by reducing stress, anxiety and depression. Join us as local Tai Chi instructor Macro Calderon shares his technique and insights on the healthy practice.</p>	<p>Sifu, Marco Calderon Owner White Crane Tai Chi Chuan</p>

