

# Let's Talk About It!

## Wellness Radio



IMPERIAL COUNTY  
**Behavioral Health Services**  
MENTAL HEALTH & SUBSTANCE USE RECOVERY  
*Hope, Wellness and Recovery*

March  
2025



### Exploring the Links Between Nutrition and Mental Health

Originally aired on July 2018

**WEEK OF MARCH 3**

Nutrition is an important aspect of our everyday life yet often overlooked as a building block for both physical and mental health. Proper nutrition practices fuel our bodies and minds with healthy vital nutrients which help us function efficiently throughout the day. Join Dalia Rodriguez, owner of Fitness Oasis, as she describes healthy nutrition habits, the process of commitment, financial considerations and how proper nutrition supports mental health.

**Guest Speaker:** Dalia Rodriguez, Owner  
Fitness Oasis Health Club & Spa

### Evidence Based Practices in Children Services: Coping Cat for Anxiety

Originally aired on February 2016

**WEEK OF MARCH 10**

Coping Cat is an evidence-based practice in children with anxiety. Anxiety disorders affect one in eight children. Research shows that untreated children with anxiety disorders are at higher risk of being unsuccessful in school, miss out on important social experiences, and engage in substance abuse. Imperial County Behavioral Health Children Services uses a cognitive behavioral approach to treat anxiety disorders in children and young adolescents between the ages of 8 to 14.

**Guest Speaker:** Lillian Vera, LCSW  
Licensed Clinical Social Worker

### The Value of Healthy Sleeping and Mental Health

Originally aired on October 2019

**WEEK OF MARCH 17**

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, shares more about the benefits and the practicing of healthy sleep.

**Guest Speaker:** Albert Romero, RPSGT,  
Technician Director, Imperial Valley  
Sleep Center

### A Bipolar Life

Originally aired on November 2016

**WEEK OF MARCH 24**

Marya Hornbacher is a highly acclaimed author and speaker known for her powerful and honest writings about mental illness, addiction, and recovery. Join us as we share her personal journey while she offers insights on mental health, recovery and the importance of destigmatizing mental illness while advocating for understanding, compassion, and effective treatment.

**Guest Speaker:** Marya Hornbacher,  
Author, Professor, and Journalist

**TUNE IN**



Thursdays at 8 am



Sundays at 7am



Sundays at 7pm

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