

**Wil Alexander Wholeness Series Workshop Schedule
2020-2021**

View workshops @ home.llu.edu/waws

Workshop Titles/Dates/ Speakers/Sponsorships	Descriptions	Objectives
<p>Peace of Mind: Recognizing and managing stress and anxiety</p> <p>October 7, 2020</p> <p>Adam Arechiga, PsyD, DrPH, MA Associate Dean, Academic & Student Affairs, School of Behavioral Health</p> <p>Sponsored by: Loma Linda University School of Behavioral Health</p>	<p>Learn practical strategies for recognizing and managing stress and anxiety.</p>	<ul style="list-style-type: none"> -Identify signs of anxiety -Explore techniques to help manage stress and anxiety -Learn about campus resources for students experiencing stress, anxiety, and loneliness
<p>Improving Sleep Quality for Optimal Learning and Better Health</p> <p>October 21, 2020</p> <p>Roger Seheult, MD Physician, Pulmonology & Sleep Medicine, Beaver Medical Group</p> <p>Sponsored by: Loma Linda University School of Medicine</p>	<p>Learn about the importance of sleep and understand simple behaviors we can adopt to improve our sleep and ultimately our lives.</p>	<ul style="list-style-type: none"> -Understand how life choices, stress, and study habits affect our sleep -Learn how important proper sleep is to our body's functioning -Explore simple interventions that can solve many common sleep problems
<p>The Impact of Errors in Clinical Practice and Q&A Session</p> <p>Livestreamed October 13, 2020, 9:00-10:35 am @ home.llu.edu/waws</p> <p>November 4, 2020</p> <p>Panel Discussion Moderated by Dr. Gerald Winslow, PhD Director, Center for Christian Bioethics, School of Religion</p> <p>Sponsored by: Loma Linda University Schools of Pharmacy, Nursing & Allied Health Professions</p>	<p>Explore a practical approach to understanding the aftermath of medical errors.</p>	<ul style="list-style-type: none"> -Explore the impact of medical errors from the health care providers' perspective -Hear patient stories related to medical errors -Learn strategies for recovering professionally and emotionally after a medical error occurs <p>Panelists: Grace Oei, MD, MA, HEC-C; Huy Le, PharmD; Jana Boyd, PhD, LMFT; Chris Johnston, JD; Doug Rakoski, OTD, OTR/L, ATP; Ellen D'Errico, PhD</p>

<p>Live BETTER to get Gut Healthier</p> <p>January 13, 2021</p> <p>JeJe Noval, PhD, RDN Assistant Professor, Nutrition & Dietetics, SAHP</p> <p>Sponsored by: Loma Linda University School of Allied Health Professions</p>	<p>Learn about the connection between gut health and its effects on overall health.</p>	<p>-Understand the definition of gut health</p> <p>-Learn how gut health affects chronic medical conditions</p> <p>-Discover six lifestyle practices to enhance gut health and decrease the risk of developing a leaky gut</p>
<p>A Fine Balance: Addressing academic burnout, soul fatigue, hurry sickness & other student snags</p> <p>February 3, 2021</p> <p>Karl Haffner, M.Div., MBA, PhD Vice President for Student Experience, Loma Linda University</p> <p>Sponsored by: Loma Linda University School of Dentistry</p>	<p>A fun and lighthearted look at the frenzied pace and crazy calendars that student survival demands. Participants will discover that “letting the Spirit control your mind leads to life and peace” (Rom. 8:6, NLT).</p>	<p>-Understand the critical link between one’s thought life (thoughts, mental health, emotional wellbeing) and a successful, balanced and fulfilling life</p> <p>-Learn essential tools to cope with the frenetic and stressful pace of life at LLU</p> <p>-Explore a Biblical perspective on mental wellbeing and wholeness</p>
<p>Healthy Habits for Lifelong Wellness</p> <p>March 3, 2021</p> <p>April Wilson, MD, MPH, FACPM Chair, Department of Preventive Medicine & Medical Director, Employee Health, LLUH</p> <p>Sponsored by: Loma Linda University School of Pharmacy</p>	<p>Explore how lifestyle affects overall health and learn about healthy habits that can support lifelong wellness.</p>	<p>-Explore how early childhood experiences and habits affect health and wellness later in life</p> <p>-Learn about the field of Lifestyle Medicine and resources available to improve and/or maintain good health</p> <p>-Plan ways to incorporate healthy habits now to increase lifelong wellness</p>
<p>Before and After “I Do” – 3 Keys to Relationship Bliss</p> <p>April 7, 2021</p> <p>Filip Milosavljevic, M.Div. Pastor for Young Adults, LLUC</p> <p>Sponsored by: Loma Linda University School of Religion</p>	<p>Learn how loving relationships are rooted in the love of God and enhance each partner through a foundation of love for ourselves and others.</p>	<p>-Discover how being rooted in the love of God is the key to loving yourself and others</p> <p>-Recognize how spiritual relationships start with spiritual people</p> <p>-Learn a Biblical framework for the meaning of marriage established in covenant</p>