

**Wil Alexander Wholeness Series Workshop Schedule
2019-2020**

Events are free to attend; reservations are not required.

Workshop Titles	Workshop Descriptions	Objectives
<p>The power of connection in health care: CLEAR Whole Person Care[®]</p> <p>October 9, 2019</p> <p>Kathy McMillan, BSN, MA Director, Employee Spiritual Care & Wholeness</p> <p>5:00-5:50 pm - Damazo Amphitheater, Centennial Complex, Loma Linda</p>	<p>Whether dealing with a friend in crisis, a family member, or a patient who is facing a serious illness, we all long to be able to make a difference.</p> <p>This workshop will provide an overview of LLUH's CLEAR Whole Person Care[®] model and will give practical ways to provide whole person care.</p>	<ul style="list-style-type: none"> -Identify the five components of the CLEAR Whole Person Care[®] model -Describe three ways of connecting in a conversation -Demonstrate how to provide whole person care using the model
<p>Overcoming debt and building wealth: Smart financial strategies for students</p> <p>October 23, 2019</p> <p>Larry Chinnock, PT, Ed.D., M.B.A. Chair, Department of Physical Therapy</p> <p>5:00-5:50 pm - Damazo Amphitheater, Centennial Complex, Loma Linda</p>	<p>Learn about financial strategies for getting out of debt, planning for retirement and investing for the future.</p>	<ul style="list-style-type: none"> -Learn steps to get out of debt -Explore the power of compounding interest -Understand major investment principles
<p>Emotional Intelligence: Personal, relational, and professional success</p> <p>November 6, 2019</p> <p>Vanessa Quintana, DMFT Associate in Marriage and Family Therapy & Adjunct Faculty, SAHP</p> <p>5:00-5:50 pm - Damazo Amphitheater, Centennial Complex, Loma Linda</p>	<p>Emotional Intelligence (EQ) has been shown to be a main factor in determining a person's success in the workplace and in relationships.</p> <p>Learn how emotional intelligence plays a crucial role in social, psychological, spiritual and physical health.</p>	<ul style="list-style-type: none"> -Define and identify the main components of Emotional Intelligence -Understand the skills and tools needed to improve Emotional Intelligence -Identify your personal Emotional Intelligence score and areas for growth
<p>Fast Food Genocide: The high price of processed foods</p> <p>November 20, 2019</p> <p>Joel Fuhrman, MD Physician, Author, Media Personality</p> <p>5:00-6:00 pm – Loma Linda University Church, 11125 Campus St, Loma Linda, CA 92354</p>	<p>This presentation enables people to understand the serious health risks associated with processed and fast food consumption, even from occasional use.</p>	<ul style="list-style-type: none"> -Learn nutritional strategies to slow aging and live longer -Explore mechanisms of food addiction, both stimulatory excitation and withdrawal symptoms -Recognize strategies for dealing with emotional obstacles for healthful eating and weight loss

<p>Dangerous Infections: A mission to protect patients and health care providers</p> <p>January 15, 2020</p> <p>Tom Quishenberry, M.Div., Pastor, Crosswalk Church Kim Quishenberry, PTA, Physical Therapy Assistant, Redlands Community Hospital</p> <p>Hala Nashed, MBBCH, MPH, CIC, Executive Director of Clinical Epidemiology and Infection Control, LLUMC</p> <p>5:00-5:50 pm - Damazo Amphitheater, Centennial Complex, Loma Linda</p>	<p>Listen to a story of a family affected by a dangerous bacterial infection acquired during a hospital stay and learn about important infection prevention protocols that serve to protect patients and health care providers.</p>	<ul style="list-style-type: none"> -Hear a story that demonstrates the importance of infection prevention protocols in hospital and clinical settings -Review important infection prevention and control practices that can be implemented in all health care settings -Learn about myths and misconceptions related to proper infection prevention and control measures
<p>Feeling alone and abandoned: Does God forsake us?</p> <p>January 29, 2020</p> <p>Pastor Roy Ice, M.Div. Pastor for Resource Development, LLUC</p> <p>5:00-5:50 pm - Damazo Amphitheater, Centennial Complex, Loma Linda</p>	<p>If even Jesus questioned why God had forsaken him on the cross, what hope do we have? Come discover one of the most misunderstood moments of God’s story, and uncover the true nature of His non-transactional love.</p>	<ul style="list-style-type: none"> -Be exposed to the “non-transactional” love of God, which is unconditional -Be enlightened to the fact that Jesus did not say on the cross that God the Father had forsaken him, but was instead singing a well-known Psalm -Be encourage that God the Father will never leave us or forsake us, regardless of the sin, feelings of abandonment or circumstances
<p>Finding Well-being and Strengthening Resilience as a University Student</p> <p>March 4, 2020</p> <p>Barbara Hernandez, PhD, LMFT Director of Physician Vitality, Professor of Medical Education</p> <p>5:00-5:50 pm - Damazo Amphitheater, Centennial Complex, Loma Linda</p>	<p>Resilience and well-being can be challenging for students who are pursuing a degree in higher education.</p> <p>This presentation will address unique challenges of university students and will offer methods to stay connected with one’s family and enhance resilience and well-being while striving for academic excellence in graduate school.</p>	<ul style="list-style-type: none"> -Explore unique challenges and strengths of university students -Describe how family context impacts the university experience -Discuss how to navigate family and cultural expectations -Explore resilience and wellness practices for all university students
<p>Relationships: A better me for a better we</p> <p>April 8, 2020</p> <p>Filip Milosavljevic, M.Div. Pastor for Young Adults, LLUC</p>	<p>Only the courageous take a deeper look into themselves to recognize the potential of who they can become for themselves, and then for their spouse, leading to a stronger relationship and marriage.</p>	<ul style="list-style-type: none"> -Unlock the secrets of living your best life now, before you ever meet Mr./Mrs. Right -Explore and discover true beauty -Learn a Biblical framework for the meaning of marriage

5:00-5:50 pm - Damazo Amphitheater, Centennial Complex, Loma Linda	Learn the secrets of living your best life, discovering true beauty, and learning the Biblical framework for relationships and marriage.	
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