



Wellness Wheel Online Live Sessions

Wellness encompasses more than just health. Covid-19 has impacted the lives of all of us.

Learn to balance the many dimensions of your life.

Live one-hour six-part series will be held on Saturday afternoons @ 3:30 pm

Bi-weekly January 16, 2021 thru March 27, 2021

Q&A will follow the presentation.



Dr. Donna Willis Iden

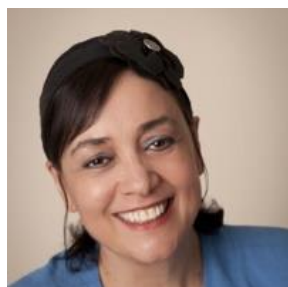
Covid-19 Heart, Body & Spirit

Date: January 16, 2021 @ 3:30 pm

Dimension: Physical

Dr. Donna Willis Iden, the same Dr. Donna from “The View” and “The Operation.” She is on the faculty of Johns Hopkins Medicine and currently resides in Lyon, France. As a medical educator, she builds bridges in international medical education and STEM education.

Topic: Vaccine for Covid-19. What next? How do we improve our physical wellness?



Dr. Elizabeth Talbot

God With Us

Date: January 30, 2021 @ 3:30 pm

Dimension: Spiritual

Dr. Elizabeth Viera Talbot is the Speaker/Director for the Jesus 101 Biblical Institute, a media ministry of the NAD of SDA, featured regularly on the Hope Channel, Esperanza TV, LLBN Latino, Jesus 101 channel (ROKU), and in several international TV channels. At the feet of Jesus is where she wants to be.

Topic: The spiritual dimension of being aware of God's presence and provision for us at all times, especially in times of crisis



Jamie Domm

Online with Christ in the “New Normal”

Date: February 13, 2021 @ 3:30 pm

Dimension: Social

Jamie Domm is a digital marketing consultant with over 14 years' experience developing results-based strategies for non-profits. She is the author of the book *Digital Discipleship and Evangelism*, that serves as a practical guide for outreach, community service, growth, and evangelism.

Topic: Tips on how to keep your online life healthy as you build community, strengthen relationships, and serve others. How to live in the “new normal” and follow the example Jesus set, sharing messages of hope and wholeness.





Pr. Hazel Ramirez Marroquin

Wallets, Assets and Finances

Date: February 27, 2021 @ 3:30 pm

Dimension: Financial

Pr. Hazel Ramirez Marroquin is the Pastor for Children and Family ministries at Sligo Church. She worked for many years in the corporate world of finances before answering a call from God to deepen her ministry.

Topic: Managing our finances during these turbulent times. In all aspects of well-being we are called to be stewards. Good financial stewards make decisions based on their values, which is evident in the way they save, spend, and share. This understanding of stewardship embraces resilience, sustainability and generosity.



Bouncing Back After Covid-19

Date: March 13, 2021 @ 3:30 pm

Dimension: Vocational



Fiona Peart

Fiona Peart is a Senior Organization Effectiveness leader with a portfolio of skills specializing in Business and Culture Transformation, Diversity and Inclusion, Change Management, Employee Engagement, Strategic Communications, Strategy Development and Business Process Improvement. She is a certified Agile Coach and also a Neuroscience based 'Results Trained Coach

Topic: How do you bounce back after the impact of Covid-19? Ways to improve your vocational wellness and participate in activities which provide meaning and purpose, that reflect personal values, interests, and beliefs, including employment



Emotional Wellness

Date: March 27, 2021 @ 3:30 pm

Dimension: Emotional



Lorette Gray

Lorette Gray, a licensed clinical social worker, with undergraduate and Masters' degrees in Social Work, will lead our final session of this series.

Topic: Managing the Covid-19 impact on our emotions. Emotional wellness includes expressing feelings, adjusting to emotional challenges, coping with life's stressors, and enjoying life. It involves knowing our strengths and areas for improvement, and recognizing when to be independent and when to ask for help.



To register and reserve a seat go to [Wellness Wheel Registration](#)

Zoom ID and password will be provided prior to the event

For more information go to [Sligo Women's Ministry](#)

Contact Information: womensministry@sligochurch.org