

Wellness Series
Zoom Teleconference
September – November 2021
Sacred Heart Church



Date: **Thursday, September 30, 2021 - 1:30 PM via ZOOM Teleconference**

Speaker: **Barbara Speedling, Quality of Life Specialist**

Topic: **The COVID-19 Pandemic: Where Are We Now?**

The COVID-19 Pandemic has had a significant impact on our lives. In a few short months, so many things about the way we live have changed. How has this crisis impacted your life? Join us for this important discussion on maintaining optimum physical, mental and emotional health as we face another challenging season.

Date: **Thursday, October 21, 2021 - 1:30 PM via ZOOM Teleconference**

Speaker: **Helen LaLousis, Founder - Simply Sacred Oils™**

Topic: **Mind, Body, Spirit: The Benefits of Aromatherapy**

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Join Helen LaLousis for this enlightening conversation on the benefits of using aromatic essential oils to improve the health of the body, mind, and spirit.

Date: **Thursday, November 18, 2021 - 1:30 PM via ZOOM Teleconference**

Speaker: **Dr. Glenn Landau, DDS - Advanced Dental Cosmetics, Bayside, NY**

Topic: **Oral Health: The Importance of a Clean Mouth**

Good oral hygiene isn't just about a bright, white smile and fresh breath. Not properly taking care of your teeth and gums can lead to a variety of health problems. From loss of teeth and gum disease to heart disease and diabetes, oral health is very important. Dr. Glenn Landau joins us for an important conversation on the impact of oral hygiene on overall health.

If you would like to receive the Zoom link for any or all of the
lectures, contact either

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or

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