

2019 Healthy Living Wellness Series



Health Care Professionals from South Oaks are available to your group, civic association, faculty and students. The following is an overview of some of the “Signature Presentations” offered by our healthcare professionals. The topics are part of our Speakers’ Bureau focus on wellness and education for our community.

Signature Presentation

- Self Esteem and Team Building
- Personality Disorders
- Coping Skills for Teens
- Fitness Recommendations for Healthy Living
- Early Interventions in Psychosis
- The Opioid Epidemic
- Life After High School; Transitioning into the Adult World
- Safe Medication Use
- The Effects of Social Media on Children and Adolescents
- Over the Counter Medications
- S.T.A.M.P. Out the Prescription Misuse and Abuse
- Spirituality; A Journey to Wholeness
- Gateway Drugs
- It is All in Your Head...Really in Your Head
- Narcan Training
- Anxiety in Teens; What to Know and What to Do
- Yoga

South Oaks Hospital is a recognized leader in the field of behavioral health services for all individuals ranging from children to senior adults. Programs are provided on an inpatient, partial hospitalization and outpatient basis.

**For further information or
to schedule a speaker
please contact
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Our goal is to educate and inform. We are happy to provide experienced healthcare professionals as speakers for your groups at no charge to your group.