

2016 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

- Bullying
- Self Esteem & Team Building
- The Use of Mindfulness in Recovery
- Gateway Drugs
- Decreasing Stress & Anxiety
- The Negative Effects of Social Media
- Self Harm
- Life After High School; Transitioning to the Adult World
- What’s In Your Medicine Cabinet?
- Heroin & Opiates; What You Should Know
- Ask the Question? (Perinatal Depression)
- How to Cope When Your Child Has Been Diagnosed with Mental Illness
- Overview of Substance Abuse
- Insomnia; Causes and Treatments

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 a inpatient, partial hospitalization and outpatient basis.

For further information or to schedule a speaker please contact
Maureen Pecorella
(631) 608-5111
mthompson@northwell.edu

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.

