



A WELLYOU LECTURE SERIES

A webinar series brought to you by Loma de Vida Spa & Wellness
and UTSA College for Health, Community and Policy

Webinar Times: 4pm PST, 5pm MST, 6pm CST and 7pm EST

January 27th | Breanna Price, MDS, RD, LD

Quick Meals for Optimum Nutrition

Presenter Bio: A registered dietician, Breanna Price is a clinical coordinator & instructor in Dietetics at UTSA. Prior to joining the program, she was an Oncology Dietician working at UT Health San Antonio MD Anderson Cancer Center.

February 24th | Sara Oswalt, MPH, PhD, CSE

Spicing Up Your Relationship

Presenter Bio: Dr. Sara Oswalt is the chair of & professor in the Department of Public Health at UTSA. She is also a certified sexuality educator through the American Association of Sexuality Educators, Counselors, & Therapists.

March 24th | Johnelle Sparks PhD & Erica Wallace MPH, CHES

Personal Wellbeing: A Complex Web

(What we know & how to affect what we can control)

Presenter Bio: Dr. Johnelle Sparks is a professor of Demography whose research focuses on health & health disparities. Erica Wallace is an instructor in the Department of Public Health with previous experience as a Health & Wellness Coordinator at Oakland University.

Please email LDVWellyOU@lacanteraresort.com to book your spot and an email will be sent to you for the webinar link.