



John L. Shuster, Jr., MD

The Wellness Series

St. Martin's Prevention & Recovery Council produces The Wellness Series each year. This program features speakers who help us answer the question, "Does faith make a difference in health and well being?"

The first speaker at this year's series was the Very Rev. Dr. J. Pittman McGehee on January 19, 2011. Dr. McGehee spoke about "The Hallmarks of a Healthy Spirituality." (He has been a frequent visitor, of late, having spoken at a recent meeting of the Holy Strollers, a group for mothers of children ages 0-5, as well as expectant mothers.)

The second speaker in our series was Roberta B. Ness, MD, MPH on January 26; her topic was "Two Ps to Live By: Prevention and Public Health."

Due to inclement weather and hazardous road conditions, we were not able to hear William M. "Mel" Taylor, MSW, but we hope to invite him back soon so that we can learn more about "Faith and Recovery — Is it a God thing?"

The series closed with John L. Shuster, Jr., MD on February 9 (pictured here). He offered words of comfort with his talk entitled "Wiping away every tear: Grief, complicated grief, and the sting of death."

To read more about St. Martin's Prevention & Recovery Council, visit www.stmartinsepiscopal.org/prevention.php.



Gary Bailey, Worship Leader for the Family Table Service



The Rev. Dr. Russell J. Levenson, Jr., Rector