

Mental Health Minutes - Radio Spots

written by admin | August 14, 2014



Here's the full line-up of Dr. Jennings' Mental Health Minute radio spots, recorded and produced by chrusion | FX in 2014.

1 - Fast Food

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[MP3](#)

2 - Volunteering

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[MP3](#)

3 - Marijuana

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[MP3](#)

4 - Pregnancy

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[MP3](#)

5 - Exercise

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[MP3](#)

6 - Sleep

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[MP3](#)

7 - Prayer

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[MP3](#)

8 - Laughter

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[MP3](#)

9 - Meditation

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[MP3](#)

10 - Omega 3

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[MP3](#)

11 - Video Gaming

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[MP3](#)

12 - Family Peace

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[MP3](#)