**Title of Presentation**: Wellness Tips Just for You

**Bio of Presenter**:

Mrs. Dion McNeal – Lucas is an alumnus and athletic hall of fame track and field thrower from the University of Missouri – Kansas City (UMKC). She earned two bachelor’s degrees in mathematics and secondary education and a master’s degree in curriculum and instruction from UMKC. Mrs. Lucas is a veteran math teacher and wellness coach with more than 15 years of experience. She currently chairs the math department at Grissom High School in Huntsville, Alabama and was awarded 2018 Teacher of the Year.

Mrs. Lucas is a professional drummer and percussionist who enjoys collaborating music into her lesson plans and is very active in the music ministry at First Missionary Baptist Church in Huntsville, Alabama. She is also a published author and song writer, and you may visit [www.MrsDionLucas.com](http://www.mrsdionlucas.com/) to learn more of her books and music.

**Description of Presentation:**

Mrs. Dion Lucas will be providing self-care tips from her published books to help people manage stress at school, home, and on the job. Participants will also be encouraged to download a free suicide prevention SPEAK app and take advantage of NAMI’s free mental health resources to decrease the suicide rates in our communities.

**Contact Information**:

[www.MrsDionLucas.com](http://www.MrsDionLucas.com)

P.O. Box 12713

Huntsville, AL 35815

Direct: (256) 469 – 8073

mrsdionlucas@yahoo.com