



Medium shot behind the scenes on November 5th, at the MacEwan TV studio - prior to interviewing Dr. Richard Lewanczuk.



Wide shot of Dr. Lewanczuk on November 5th during his interview discussing mental health implications regarding COVID-19 and other mental and physical illnesses.



This image describes his view on community isolation during the pandemic.



This image describes Dr. Lewanczuk's view on the importance of a healthy lifestyle, highlighting social connections.



This image introduces Dr. Lewanczuk's view on isolation and how it affects individual health - mental and physical.



This image illustrates Dr. Lewanczuk discussing how stress and anxiety play a role in changing our DNA.



This image describes the way Dr. Lewanczuk stresses the importance of human connection to ensure a well balanced lifestyle.



Due to the fact that social events were prohibited during the pandemic, Dr. Lewanczuk provided an apt example of people going bowling alone instead of participating with a group.



During the interview, Dr. Lewanczuk spoke about how isolation and stress effects our autonomic nervous system, which affects our DNA permanently.



During the interview, Dr. Lewanczuk stated a longitudinal study he conducted with an elementary school. This study showed what illnesses, like diabetes, in children can be predicted prior to them being diagnosed.



Regarding the evidence of changes in DNA, Dr. Lewanczuk gave an example of a study which showed that incarcerated prisoners had longterm changes in their DNA that affected them long after they had been released.



This image is the logo for MacEwan University's Research Institute for Urban Wellness channels.