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EMPOWERMENT



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May 22nd 2018: How physical trauma impacts the body, mind and spirit!

Have you ever had a physical trauma that turned your life upside down? Are you fully aware of how that trauma impacted your body.... your mind....your spirit? Gena Lock was riding her motorcycle one day and was hit by a vehicle. She tells her story and how this traumatic incident affected every aspect of her world, including occupationally, socially, financially, emotionally, mentally, physically and physiologically. Tune in to hear her talk about her healing!



Tune in

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Featured Guest



Gena Lock

Gena Lock grew up in the Okanagan with a healthy love of activity and being outside her entire life. She ran cross country and track in school, as well as participated in multiple sports.

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