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HEALTH & WELLNESS



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**December 10th 2018: 9 Whole Hearted Healing
Essentials**

Margo is joined this week by Dr. Brenda Walding for a conversation on Whole-Hearted Healing. Discover this holistic, heart-centered approach to healing and the "essentials" that Brenda used on her healing journey from chronic illness to vibrant health and creating a love she loves.

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Featured Guest



Dr. Brenda Walding

Dr. Brenda Walding is a Holistic Wellness & Transformation Coach and specializes in supporting and empowering women to truly heal and thrive. She is the author of Sick of Being Sick: The Women's Holistic Guide to Conquering Chronic Illness and is a Doctor of Physical Therapy.

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