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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
May 15th 2019: From Scratch

When Tembi Locke spent a college semester in Italy, it changed the course of her life. Meeting Saro, the man she would love and marry, filled her with joy and also challenged them both to bridge the gap between his Sicilian farm family and her Houston Texas family of civil rights activists. Over time their persistence and courage began to connect their two families. But no struggle before it could have prepared them for Saro's ten years living with cancer, his death, and Tembi's grief. Who could have predicted that Tembi would find her way forward in grief at the table of her mother-in-law, in

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Featured Guest



Tembi Locke

Tembi Locke is an actor with more than sixty film and television performances to her credit. A graduate of Wesleyan and a TEDx speaker, she is the creator of TheKitchenWidow.com, an advocacy platform that inspires the art of comfort in times of illness or grief.

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