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# TEEN WEALTH RADIO

*a little bit of*  
**EVERYTHING**  
*affecting our youth today*

**LIVE AT  
5PM PACIFIC  
8PM EASTERN  
MONDAYS** *on Voice America*



**Teen Wealth**  
**Monday at 5 PM Pacific**  
**March 30th 2020: Tips to help with anxiety**  
**during isolation - Covid**

Sandy Dow - author of the Dow Effect sharing tips to help cope with isolation during the caronavirus/covid19 pandemic. Geared towards parents, teachers and teens, but useful for everyone. This is a tough time for everyone; lets come together and support our fellow man.

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Monday at 5 PM Pacific Time  
on VoiceAmerica Variety  
Channel

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## Featured Guest



### Sandy Dow

Years of battling health issues and anxiety turned into a crisis for Sandy in her 40's. as she experienced an emotional and physical breakdown, marriage separation, and the loss of her career due to burnout.

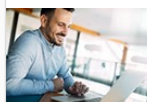
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