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EMPOWERMENT



**Things Worth Considering**  
Thursday at 5 PM Pacific /8 PM Eastern  
**April 2nd 2020: I don't know!**

Unknown, confusing, outcome is uncertain. These words are too familiar to us all. We have all been in positions, at times in our life, when we didn't know our direction, or know the outcome of situations. This time as Covid-19 makes its way around the world, it isn't just us, individually, this time it is a collective experience. We are all experiencing uncertainty and not knowing where this virus experience is leading. Adding to our discomfort, someone taught us that it is not okay to not know. We are expected to know the answer to questions about our self, our direction, and even know the ou

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#### Featured Guest

Guest Image

##### Alexia Georgousis ND

Alexia is a Naturopathic Doctor practising in Toronto. She is the former associate dean of clinical studies at the Boucher Institute of Naturopathic Medicine in British Columbia and was also on the clinical faculty at the Canadian College of Naturopathic Medicine for 15 years. Today Alexia teaches Homeopathy and Pathology at Torontos Transformational Arts College. Alexia maintains private practices at 2 clinics in Toronto . When one aspect of ourselves is misaligned it impacts our wellbeing we no longer thrive.

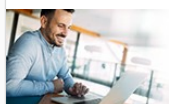
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