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HEALTH & WELLNESS



**The A to Z of Sex**  
Thursday at 11 AM Pacific /2 PM Eastern  
**October 1st 2020: I is for Injury and Illness**

On this episode, we will be talking about how injury and illness can impact sex & intimacy. We will discuss long term conditions, injuries that change our bodies forever, illnesses that wax and wane and even the usual changes that can come with age.

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Thursday at 11 AM Pacific  
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#### Featured Guest

Guest Image

##### Sue Paulson

More than just a remarkable voice of her generation, Sue Paulson's wit and wisdom spans decades of experience. A conscious and empowered woman, Sue is no stranger to adversity. A near death experience in 2007 combined with two bouts of cancer in 2011 and 2012 taught Sue to ride the roller coaster of life with grace, dignity, and compassion. During her growth through the most transformative time of her life, she came to embrace the magnificence that's inherent in each of us. Her latest book, *Magnificent Misery – From Adversity to Ecstasy* shares her heart-wrenching adventures and inspires her readers to seek and honor their own magnificence. (Available at amazon.com)

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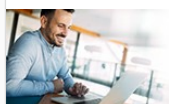
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