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HEALTH & WELLNESS



**Vitality Health Show**  
Thursday at 10 AM Pacific  
**September 17th 2020: MINDFULNESS ON STEROIDS! TRANSFORMING YOUR RELATIONSHIP WITH YOUR BODY**

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Thursday at 10 AM Pacific  
Time on VoiceAmerica Health  
and Wellness Channel

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Stephanie Parrish welcomes Christine Erickson, Mental Health Counselor and Mindfulness Coach, who will help you take mindfulness to a whole new level! Learn how to transform your relationship with your body with the new Body Forward plan - a 90-day online program that includes mindfulness meditations, visualizations, tools for releasing emotions, and a workbook to help you find your way to feeling good IN your body and feeling good ABOUT your body. We hope you'll join us LIVE, or stream the broadcast at your convenience.

**Questions? Comments?**  
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#### Featured Guest

Guest Image

#### Christine Erickson

Christine Erickson is a Mental Health Counselor, Mindfulness Coach, and founder of The Mindful Lab. She is also the mother of seven children. Christine spoke at the Women's Economic Forum in Egypt this year and received the "Iconic Women Creating a Better World for All" award. She has developed many innovative programs using mindfulness to help adults and children overcome various challenges and find peace. Christine's training includes certificates in Mindfulness, Psychotherapy, Mindfulness-Based Eating Awareness Training, Trauma, Personality Disorders, and Nutritional and Integrative Medicine for Mental Health. She and her husband Jeff have been married for 25 years and have served as

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