



HEALTH & WELLNESS



Vitality Health Show

Thursday at 10 AM Pacific

**January 6th 2022: I'M NO THERAPIST....BUT;
BACK BY POPULAR DEMAND**

Stephanie Goodman Is a wife, mother, bonus mother, new grandmother and a woman of faith. As a single mom of three young children, she learned the value of Bitter or Better. She now shares her story to give encouragement to other's going through their own relationship transformations. Stephanie was born in Sandy, and raised in the small town of Huntington, Utah. She graduated from Ben Lomond High School And Attended Weber State University. She grew up loving art and has illustrated numerous murals and children's books including one titled "Don't Crickets Get Sore Throats". And "Am I So Di

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Featured Guest



Stephanie Goodman

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