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HEALTH & WELLNESS



Vitality Health Show
Thursday at 10 AM Pacific
**June 9th 2022: SHERIDAN RIPLEY: SON
KIDNAPPED IN MEXICO, WE Need a Miracle**

Sheridan Ripley is an author of 6 books, a podcaster and a Life Coach. She started her Life Coaching business, Enjoy Life after 14 years of helping women Enjoy Birth by teaching Childbirth Classes and being a birth doula. As she transitioned into new areas of parenting and ventured into raising teenagers, she learned and gathered tools to help her survive this phase of life and started to share these tools through classes and one on one coaching, to other mothers struggling to enjoy life even when their family members were doing dumb things. She had to put these tools to the test

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Featured Guest



Sheridan Ripley

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