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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
July 30th 2014: Mother in the Middle

We've all heard about the sandwich generation; parents of young children taking care of aging parents. What if you add Alzheimer's and a PhD in studying the brain? How do the two experiences, watching a brain fail and watching brains grow, collide to create a unique experience in a studied observer of the brain? Sybil Lockhart brings a keen eye and a big heart to her experience supporting her mother and raising her very young children. Don't miss our conversation about loss and gain, love and mourning, growing and failing.

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Featured Guest



Sybil Lockhart

Sybil Lockhart is a former lab scientist and teacher, current science writer and mother, compulsive journal writer and inchoate novelist.

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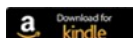
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