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HEALTH & WELLNESS



# good grief

WITH CHERYL ESPINOSA-JONES



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**January 28th 2015: Getting the Most out of Life**

Through the loss of two of the most important people in her life, Marilyn Ababio became deeply interested in supporting others to make the most out of their lives, and their deaths. Compelled to make her work accessible to people who might not otherwise get the support they need for the end of their lives, she began a program for her local county government called Getting the Most out of Life. How did Marilyn actualize her dream of bringing her mighty skills to bear in underserved populations? What supported that mission and helped her along the way? How do her experiences of loss find their way

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## Featured Guest



### Marilyn Ababio

Marilyn Ababio is a skilled administrator with over 25 years experience managing complex systems infrastructure projects. Ms. Ababio's specific expertise have been applied to Alameda County's Health Care Services Agency's Advance Health and Hospice Program called "Getting the Most Out of Life".

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