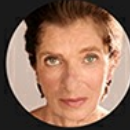


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THE KATHRYN ZOX SHOW

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The Kathryn Zox Show
Wednesday at 7 AM Pacific
September 23rd 2015: One Nurse and Pregnancy Fitness

Kathryn interviews Theresa Brown RN, author of "The Shift: One Nurse, Twelve Hours, Four Patients' Lives". "The Shift" opens our eyes to the intense, frustrating and often joyful profession that is really the heart and soul of any hospital. By sharing her ups and downs during just one shift on the floor of the cancer ward, Brown reveals how nurses advocate for their patients, make dozens of medical decisions, chart their work, interact with doctors and hospital staff and keep their own emotions in check – all in the span of twelve hours. Kathryn also interviews personal trainer and prenatal

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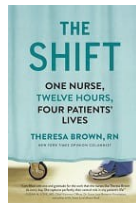
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Featured Guests



Theresa Brown RN

THERESA BROWN, RN, works as a clinical nurse in Pennsylvania and is a leading voice on health care as seen from the nurse's point of view. Her New York Times columns appear on that paper's opinion page. During what she calls her "past life" she taught English at Tufts University.

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Guest Image

Noell Yanik

Noell Yanik is an International Sports Sciences Association (ISSA) Certified Personal Trainer and is certified with HumanKinetics, Winning Sports Nutrition, 2nd ed., and HumanKinetics, Total Control 'Optimal Pelvic Floor Health.'

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