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EMPOWERMENT



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where teens talk and the world listens

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Express Yourself!

Sunday at 3 PM Pacific

June 7th 2016: Sleep and Walking Dead Star, IronE

What do zombies, hip-hop, and sleep have in common? Hosts Asya and Brigitte were thrilled to welcome star of The Blind Side and The Walking Dead, IronE Singleton to Express Yourself!™ to share his inspirational rising, his message for teens, and a sneak preview of his new album, Hip Hopcrisy, a sixteen-track musical compilation infused with messages of hope, humor, and crafted life reflections. Health Heals reporter joins hosts Asya and Brigitte to discuss the importance of sleep from evidence and science based sources and Book Smart Reporter, Maria Wong, goes into depth on the role of sleep in

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Featured Guest



IronE Singleton

Born and raised in Atlanta, GA, IronE Singleton's story embodies everything about the lives of many inner-city youth growing up in low-income housing projects.

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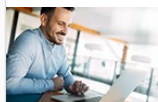
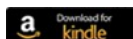
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