

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT

VOICEAMERICA



Starstyle®-Be the Star You Are!®
Wednesday at 4 PM Pacific
October 02nd 2019: Fall Farming, Flu Shots, Fracture Fight

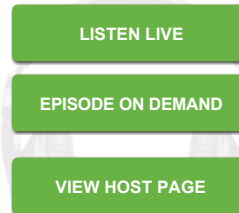
Autumn has arrived and with it a bounty of fruit. If you like DIY projects, Goddess Gardener Cynthia Brian explains a simple way to stretch the season by using a dehydrator to make dried fruit leathers. <https://www.CynthiaBrian.com> October sees the rise in cases of influenza. Have you had your flu shot yet? Find out why it is important to be immunized again flu and shingles. As we age our bones become more brittle. Treatment for osteoporosis is critical to prevent future fractures. Identify bone loss at the earliest stage and take steps to strengthen your bones with exercise and suppleme

[Read more](#)



Tune in

Wednesday at 4 PM Pacific Time on
VoiceAmerica Empowerment
Channel



Questions? Comments?
Call In Live!
Toll Free: 1-888-346-9141
Int: 001-480-553-5760

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Come see what **VoiceAmerica's** hosts are writing, on **PressBlog!**

