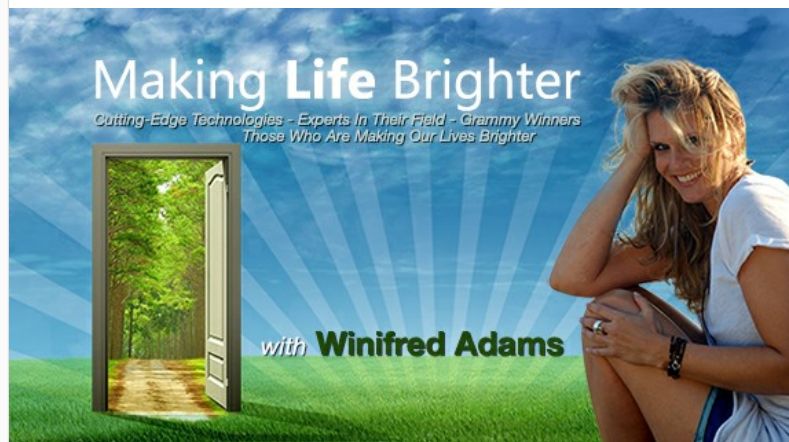


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HEALTH & WELLNESS



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**October 10th 2019: Winning the Grammy**  
w/Opium Moon's own, MB GORDY

This Thursday, October 10, 2019 join Winifred as she sits down with Grammy winner M.B. Gordy of the band, Opium Moon. One of the best drummers and percussionists on the planet, don't miss this show! Tune in LIVE at 10am PST/ 1pm EST on the Health and Wellness Channel on the VoiceAmerica Network, and check out the outtake on the Radio page following the show! [www.makinglifebrighter.com/radio](http://www.makinglifebrighter.com/radio) You know M.B.'s work from films like: Frozen, Transformers (series), X-Men (series), Fantastic Four (series), Moana, Harry Potter, and Spiderman. Just some of his TV credits include: Zoo, Battle

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### Featured Guest



#### M.B Gordy

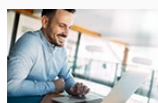
M.B. is a Grammy winner with the band Opium Moon, as well as, an acclaimed drummer, percussionist and educator whose credits include albums by iconic recording artists, blockbuster films, TV series, video games, and prestigious rock/pop/theatrical and orchestral live performances and tours.

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