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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**December 11th 2019: Love Loss Light**

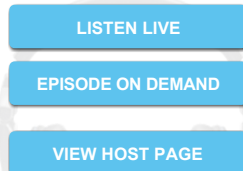
When Karen Trench's beloved husband died by suicide, her life as she knew it ended. But somewhere deep within her a new life began to form. By surrendering to her grief and longing she began to follow her instincts towards healing and creation of a life worth living. Out of her anguish, blessings began to emerge. She discovered her true capacity for love, faith, forgiveness, surrender, transformation and a deep connection to herself and her life. By allowing her grief to teach her, she found a new calling and sense of purpose. Slowly, unpredictably, she became a deeper version of herself, read

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### Featured Guest



#### Karen Trench

Karen Trench never imagined that she would give up a successful career in television for a log cabin high in the Colorado Rockies. Finding her soul mate, led her to those mountains for two decades of blissful marriage. After her husband's death, she found her new way to Love Loss and Light.

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