



Living to 100 Club
Friday at 2 PM Pacific
February 14th 2020: Encore Riding the Waves of Time: What Married Older Couples can Teach Us

This episode takes an in-depth look at our relationships, what makes them satisfying, how to improve them, and how to use them in our quest to living longer. Relationships can be with spouses, significant others, family members, whether our relationships are straight or gay, are long standing or short term, and stable or unstable. This episode will cover the topics of intimacy, sexual performance, acceptance, communication style, warning signs of cracks in the relationship, and ways to fix the cracks. It is all about What Happily Married Older Couples can Teach Us.

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Featured Guests



Craig Lambert

Craig Lambert is a psychotherapist with over 30 years of experience successfully working with couples and individuals of all ages, including seniors.

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Debbie Lambert

Debbie Lambert is a relationship educator and coach who has a special talent for helping couples repair and build healthier relationships. She is also a life coach and pioneer in the field of personal transformation.

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