

THE KATHRYN ZOX SHOW

YOUR SOCIAL WORKER WITH A MICROPHONE™

The Kathryn Zox Show
Wednesday at 7 AM Pacific
May 13th 2020: Ep. 1252: Mental Health and Ep. 1253: African American Deaths

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Wednesday at 7 AM Pacific
Time on VoiceAmerica Variety Channel

Kathryn interviews Clinical Forensic Psychologist & Chairman for Mainstream Mental Health Dr. John Huber. In a recent Gallup poll, 68% of Americans said they can continue following social distancing guidelines for "as long as is necessary" before their physical health suffers. But fewer say their mental health will hold out as long. Dr. Huber offers strategies for bolstering our mental health during the global pandemic and has been featured on ABC, NBC and CBS. Kathryn also interviews Author, Nutritionist & Member of Presidential Task Force on Obesity Robert Ferguson MS, CN. A Washington Post

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Featured Guests



Dr. John Huber

Dr. John Huber (www.mainstreammentalhealth.org) is the Chairman for Mainstream Mental Health, a non-profit organization that brings lasting and positive change to the lives of individuals that suffer from mental health issues. A mental health professional for over twenty years, Dr. Huber is a Clinical Forensic Psychologist and he is a practitioner with privileges at two long term acute care hospitals. Dr. Huber has appeared on over three hundred top tier radio shows (NBC Radio, CBS, Fox News Radio) and thirty national television programs (ABC, NBC, Spectrum News). In addition, Dr. Huber is the host of "Mainstream Mental Health Radio" which is he

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Robert Ferguson MS, CN

Robert Ferguson MS, CN is a nationally recognized certified nutritionist, fitness expert, speaker and author. Currently serving on the Presidential Task Force on Obesity for the National Medical Association, Ferguson has also worked with the NAACP, the UNCF and several other organizations devoted to supporting health in under-served communities. Furthermore, he has authored two evidence-based studies on weight loss and reversing childhood obesity and has penned three books on nutrition and fitness. He co-founded the Show Me Better Health initiative with Aetna, an evidence-based "better health" practice that was implemented to under-served communities. Ferguson is proud to be Stayhealthy's He

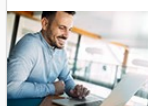
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