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Wednesday at 4 PM Pacific  
May 18th 2022: Walking, Sock Monkey Oracle,  
and Top Scams of 2022

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Wednesday at 4 PM Pacific  
Time on VoiceAmerica  
Empowerment Channel

Are you getting enough exercise? Walking requires no equipment except comfortable shoes. Walking lifts your spirits, exercises your muscles, and gives you time to de-stress and think. Let's take a walk. Did you have a sock monkey as a kid? Shannon Grissom's colorful Sock Monkey Oracle provides a quick nudge and a hug to bring love and light to your day. This oracle deck will tap into your inner child and fill you with keen, fun-loving guidance to quickly help you on your journey. Each colorful card was created with passion, and every message is infused with love to help you discover your o

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#### Featured Guest



#### Shannon Grissom

Shannon Grissom didn't discover painting until she was 33, but once she discovered this hidden passion, she was hooked and driven. By 1999, Shannon was able to leave her day job and began to create art as a full-time business. At 46, Shannon self-published her children's book Monkey Made of Sockies, along with a line of licensed merchandise, including a coloring book and the popular Monkey Made of Sockies golf club headcovers that have been carried on tour by several LPGA pros. Shannon is an award-winning artist, television producer/host, author, and songwriter, and she just launched an online creativity school called Painterly. Learn more about her work with sock monkeys at: sockmonkeyorac

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