



TRANSFORM YOURSELF & MAKE YOUR NEXT CHAPTER YOUR BEST CHAPTER



Rock Your Midlife
Wednesday at 11 AM Pacific
June 29th 2022: Out-of-sorts at Midlife?
Strengthen the Body-Mind-Soul Connection

Tune in

Wednesday at 11 AM Pacific
Time on VoiceAmerica Variety
Channel

Feeling stuck or out of sorts at midlife? You're not alone. Many midlife women, particularly individuals moving through peri-menopause, struggle with feeling whole and vital. Today's show is going to provide you with one of the keys to getting your groove back: strengthening the body-mind-soul connection. Our guest experts will share how you can solidify the connection and tools and techniques to be your healthiest, happiest self. Here's what we're discussing: How to listen to your body How to identify when your body is not at its best Using movement to heal your mind and feed

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Featured Guests



Liz Grantham

Single mom, entrepreneur, marketer and innovator. Liz has over 30 years experience in marketing and advertising providing innovative, integrated, thoughtful solutions for multiple Fortune 500 clients. Her love of a challenge and making big things happen, together with a need to manage the stress that comes along with running a business, endless deadlines, keeping clients happy, being a present and mindful mom led her on the journey to what has become TheOptimal.me. The combination of her hard work, experience and endless curiosity, together with the need to not only survive but thrive as she gets older has led her to this point. For Liz, the joy of finding long term solutions to feeling bett

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Caitlin Billings

A Licensed Clinical Social Worker in the state of California, Caitlin Billings specializes in deep trauma therapy, is pursuing EMDR Therapy certification, and owns her own private practice. Despite involuntary hospitalizations and an initial refusal to accept her bipolar diagnosis, Caitlin reclaimed her life and sanity, successfully establishing herself as a professional and a supportive mother to her gender-fluid elder child. Now she aims to subvert societal expectations and pressures of idealism through embracing self-love and imperfection.

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