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HEALTH & WELLNESS



Inspired Journeys: Overcoming Adversity and Thriving Archives Available

Our program will educate and inspire. Lisa will interview authors, clinicians, and everyday people who have experienced or witnessed adversity and all of its life changing consequences. We will explore the impact that sexual abuse, domestic violence, bullying, physical disabilities, panic, depression, self-destructive behaviors and addictions have on individuals, families and our society. At the same time, we will focus on how to overcome and transcend trauma through empathy, self-love, forgiveness, self-awareness and acts of kindness. Lisa will talk with guests who demonstrate the resiliency

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