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The Wellness Lounge – A Step Further Archives Available

February 04th 2013: THE WELLNESS LOUNGE – A STEP FURTHER Monday, February 4, 2013

THE WELLNESS LOUNGE – A STEP FURTHER launches its premier season with an in-depth discussion on the key components of a wellness lifestyle, how they interrelate and how you can successfully achieve a balance that results in empowerment. Host Desiree Watson will be joined by nationally known and respected lecturer and workshop director Dr. Janice Pride-Boone, M.D. as they explore the four chambers of well being including physical, emotional, spiritual and creativity/intellectual health. Dr. Pride-Boone is board certified as a pediatrician and family counselor who has dedicated her life to the

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