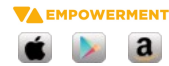


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**Wellness Interactive - A Step Further
New Shows Available
September 16th 2013: The Essence of B.I.G.**

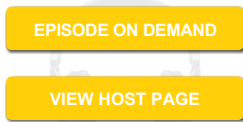
The Essence of B.I.G.- Will be discussion topic of The Wellness Lounge, A Step Further 9 a.m. EST. Monday when host Desiree Watson welcomes guest Tara Gilvar to the show. Tara Gilvar, is the founder and CEO of the organization B.I.G. (Believe, Inspire, Grow). B.I.G offers a visionary path for women entrepreneurs. It is a rapidly growing business support, education and networking organization for women. B.I.G. is comprised of a large community of more than 1,500 intelligent, creative and entrepreneurial women who want to share their business ideas and build upon their professional dream

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Featured Guest



Tara Gilvar

Tara Gilvar, Founder and CEO A graduate of Boston College, Tara has acquired over 25 years of experience building brands and developing marketing campaigns.

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