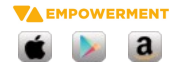


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THE WELLNESS LOUNGE , A STEP FURTHER welcomes Ruth Dugan and A Legacy of Empowerment will be the discussion topic of The Wellness Lounge, A Step Further 9 a.m. EST. on Monday. Host Desiree Watson will discuss the importance of Empowering one another with Ruth Dugan; especially Gilda's Club and they will discuss many issues which help to ground us when presented with challenges on being well and staying focused. Especially their topic will spark awareness of the positive impact of the wellness lifestyle movement and how a wellness lifestyle commitment can successfully empower the individual and

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Featured Guest



Ruth Dugan

Ruth Dugan, the board president of Gilda's Club for the Northern New Jersey chapter - Gilda's Club was named in honor of well-known comedian Gilda Radner, who died from ovarian cancer.

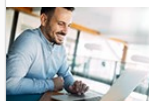
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