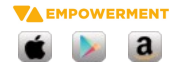


[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



**Wellness Interactive - A Step Further
New Shows Available
November 4th 2013: A LEGACY OF
EMPOWERMENT**

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

[Read more](#)



Tune in

New Shows Available on
VoiceAmerica Empowerment
Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

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.

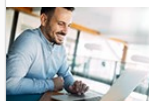
[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)