



**wellness**  
LOUNGE™

## A STEP FURTHER™

*with Desiree Watson*

Achieve empowerment  
through a wellness lifestyle

### The Wellness Lounge – A Step Further Archives Available

**November 04th 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

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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. At the time, Gilda's Club was facing bankruptcy, having run out of funds and grants that would keep the non-profit afloat, so Dugan was asked to join the board. Relying on her experience as a reporter, a campaign manager and school board president, Dugan continued to gain support. Gilda's Club is named in honor of Gilda Radner, who, when describing the emotional and social support she received when she had cancer, called for such places to be made available for people with cancer and their families and friends

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