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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
May 7th 2014: A Fresh Chapter

When breast cancer interrupted her successful life, Terri Wingham found herself depressed and isolated, with no bridge back from illness to purpose. Taking a chance by going on a volunteer trip to Africa, she found a passion that she now shares with other survivors at volunteer locations across the globe. Listen in to find out how A Fresh Chapter, the non-profit she founded, facilitates trips around the world. Be moved by the stories of people who, by giving, have received a new outlook.

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Featured Guest



Terri Wingham

A breast cancer diagnosis at the age of 30 changed everything for Terri Wingham. Inspired by the isolation and depression she felt when treatment ended, Terri left her corporate job in 2011 and packed her bags for a volunteer trip in Africa.

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