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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
Wednesday at 2 PM Pacific  
**July 16th 2014: From Mindfulness to Mendfulness**

How can we practice mindfulness to mend our hearts? Can our own creativity and exploration of our internal landscape offer us solace in times of loss? As an artist, educator, and spiritual practitioner, Jan Phillips has worked with countless people who are facing major loss and transition, to help them find a way through their heartache by bringing grief outward, making room for comfort inward. Jan will share her story and her teachings with us, showing us how mindfulness has helped her and those she works with.

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Wednesday at 2 PM Pacific  
Time on VoiceAmerica Health  
and Wellness Channel

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#### Featured Guest



#### Jan Phillips

Jan Phillips is an artist, author, workshop director and social activist. She's Executive Director of the Livingkindness Foundation and co-founder of Syracuse Cultural Workers.

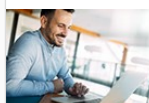
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