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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
Wednesday at 2 PM Pacific  
**August 6th 2014: Bad to the Bone**

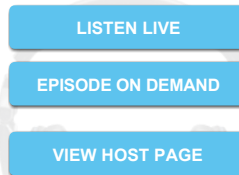
Life-changing events happen to us unpredictably, at all moments of our lives. David Tucarro, a Mikisew Cree First Nation from Ft. McMurray, Canada, was struggling to find his identity and feeling hopeless, even before leukemia knocked on his door. How did his diagnosis actually contribute to David finding his best life, a life driven by purpose and meaning? In facing his illness, life became more important. The crisis pushed David to begin to create better relationships, to find inspiring work and to transform his relationship to life itself. He now shares that journey to support his passion

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#### Featured Guest



#### David Tucarro Jr.

David Tucarro Jr. is a Mikisew Cree First Nation who overcame his fight with Leukemia, chronicled in his memoir, *Bad to the Bone: The True Story of David Tucarro Jr.* Born and raised in Ft. McMurray, Canada.

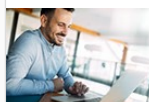
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