



**Wellness Interactive - A Step Further  
New Shows Available  
December 15th 2014: Women Living  
Consciously**

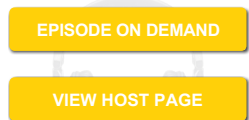
Women Living Consciously– will be our discussion topic at The Wellness Lounge, A Step Further 9 a.m. E.S.T. Monday when host Desiree Watson welcomes guest Miriam Belov to the show. Miriam Belov is the founder of The Wellness Agenda and Creative Concentration. She has been involved in body/mind health and fitness for over 35 years and has created programs for optimal physical and mental performance and spiritual centering using self-care, meditation, mindfulness, relaxation, healing and empowerment. Conscious living is something to which you can aspire, awaken, and put into practice–no matter

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**Featured Guest**



**Miriam Belov**

Miriam Belov is the founder of The Wellness Agenda and Creative Concentration. She has been involved in body/mind health and fitness for over 35 years and has created programs for optimal physical and mental performance

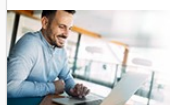
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