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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
March 4th 2015: Grief One Day at a Time

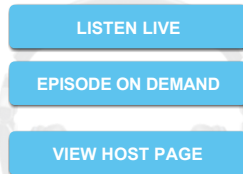
How does a mother of a two year old, just beginning her marriage and her life as a mother, face the sudden loss of her 32 year old husband? Rachel Kodanaz had to discover how to do that when her husband died leaving his office. Sometimes the worst times of our lives lead to our greatest callings and for Rachel, that was a mission to educate workplaces about how to deal with loss. Ultimately, she became a speaker on loss, embracing her own nightmare and, in the process, learning to support others. Her book, *Living With Loss One Day at a Time*, offers readers a chance to approach their grief in s

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Featured Guest



Rachel Kodanaz

Rachel Kodanaz is an author, speaker and coach who provides encouragement to those who are suffering a loss or setback. Overcoming her own adversary following the sudden death of her husband, leaving her with a two-year-old daughter

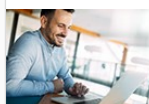
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