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**Wellness Interactive - A Step Further  
New Shows Available  
March 16th 2015: Celebrating Women's Month -  
How to Fight the Big Battle - "Let it Go"**

Celebrating Women's Month - How to Fight the Big Battle - "Let it Go" - 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 Dr. Janice Pride-Boone to the show. History helps us learn who we are. In our own personal lives, we encourage discovering stories about our mothers, grandmothers, and great grandmothers to help us better understand their lives, the challenges they faced, and ultimately, ourselves and our own times. Recognizing the dignity and accomplishments of women in our own families and those from other bac

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**Featured Guest**



**Dr. Janice Pride-Boone**

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