

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!

Starstyle®-Be the Star You Are!®

**Starstyle®-Be the Star You Are!®**

**Wednesday at 4 PM Pacific**

**January 13th 2016: Stand Against Sitting, January Gardening, Fly Buy**

Are your kids couch potatoes? Child obesity is on the rise and chronic inactivity leads to lower academic performance. Learn what schools are doing to combat this epidemic in Health Matters with Heather Brittany. Baby it's cold outside! Since it's wet and cold outside, we'll bring the healthy spirit of the outdoors in with beautiful houseplants.. Goddess Gardener Cynthia Brian shares her knowledge of exotic plants that clean our air and make us happier and healthier. When is the best time to buy a plane ticket? Some people say buy on Saturdays, others indicate Tuesday may be the better

[Read more](#)



**Share This Episode**



**Connect with VoiceAmerica**

Download our mobile apps

[App store](#)

[Google play](#)

[GPlus](#)



**Tune in**

Wednesday at 4 PM Pacific Time on  
VoiceAmerica Empowerment  
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?  
Call In Live!

Toll Free: 1-888-346-9141  
Int: 001-480-553-5760

presspass-banner