

# THE KATHRYN ZOX SHOW

YOUR SOCIAL WORKER WITH A MICROPHONE™

**The Kathryn Zox Show**  
**Wednesday at 7 AM Pacific**  
**February 24th 2016: Always Hungry? and Aging-Friendly Communities**

Kathryn interviews NYTimes bestselling author & "obesity warrior" David Ludwig MD, PhD. Dr. Ludwig is a renowned endocrinologist and the author of "Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently". Dr. Ludwig's groundbreaking studies show that overeating doesn't make you fat; the process of getting fat makes you overeat. Dr. Ludwig has been featured on NPR, ABC, NBC, CBS and CNN. Kathryn also interviews researcher and professor Amanda Lehning MSW, PhD and author of "Creating Aging-Friendly Communities". Dr. Lehning examines the need to redesign America

[Read more](#)

[SHARE](#) [DOWNLOAD PDF](#) [GET CODE](#)

### Tune in

Wednesday at 7 AM Pacific  
Time on VoiceAmerica Variety  
Channel

[LISTEN LIVE](#)  
[EPISODE ON DEMAND](#)  
[VIEW HOST PAGE](#)

Questions? Comments?  
Call In Live!

Toll Free: 1-866-472-5788  
Intl: 001-480-398-1394

### Featured Guests



#### David Ludwig, MD, PhD

David Ludwig, MD, PhD, is a practicing endocrinologist and researcher at Boston Children's Hospital, professor of pediatrics at Harvard Medical School, and professor of nutrition at Harvard School of Public Health.

[Read more](#)

Creating  
Aging-Friendly  
Communities



#### Amanda Lehning, PhD, MSW

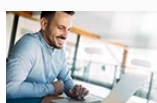
Amanda Lehning, PhD, MSW, is an assistant professor at the University of Maryland, School of Social Work. She received her MSW from Bryn Mawr College and a PhD in Social Welfare from the University of California, Berkeley. She completed a postdoctoral fellowship at the University of Michigan, School of Social Work. Her research focuses on the effects of policies, programs, and neighborhood infrastructure on older adults' health, well-being, and the ability to age in place.

[Read more](#)

### Share This Episode

[Share On Facebook](#) [Share On Twitter](#) [Share On LinkedIn](#)

### Connect with VoiceAmerica



Read what our hosts are writing about.

