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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**February 15th 2017: There is No Good Card for This**

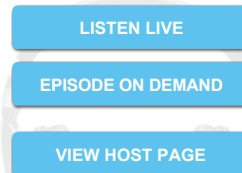
When our friends and loved ones face a crisis, we often don't know what to say. Do we say anything at all? What if we say the wrong thing? Nearly everyone who has faced a hard time has heard things that weren't so helpful. But worse yet is silence, saying nothing. Emily McDowell faced such a time and, as a graphic designer, she chose to respond by doing what she loved-creating cards that say what is most helpful in bad times. Her empathy cards not only helped people reach out; by sharing she also helped people in similar circumstances feel heard and seen! Her tremendous success with the cards

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Time on VoiceAmerica Health  
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#### Featured Guest



#### Emily McDowell

Emily McDowell, the creator of Empathy Cards and a cancer survivor herself, has been disrupting the stationery industry since 2013 with her "greeting cards for the relationships we actually have."

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