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HEALTH & WELLNESS



**Good Grief with Cheryl Jones**  
**Wednesday at 2 PM Pacific**  
**March 1st 2017: Quiet**

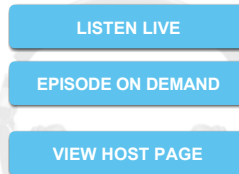
Sometimes a moment comes when we can no longer stay silent about what we have been through. Then it's time to speak out and claim our own courage and resiliency! Such a moment came for Milck, a musician who had experienced physical and sexual abuse and pressures to meet commodified standards of beauty, especially for her music career. Finding her unique voice led to her song Quiet, an anthem for breaking out of our silence. Then, after the 11/16 election, she felt moved to gather a flash mob and perform the song at the Women's March. In a serendipitous twist of fate, filmmaker Alma Har'el cap

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### Featured Guest



#### Milck

Vocalist, keyboardist and songwriter MILCK was named one of Shazam's artists to watch (December 2016). Her debut single, "Devil Devil," was a soundtrack to multiple TV shows including The Royals, Lucifer and Pretty Little Liars.

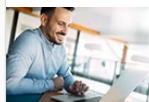
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