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HEALTH & WELLNESS



Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
May 3rd 2017: Middle Life Maze

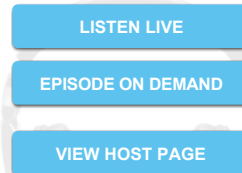
Finding recovery, purpose and peace all the way to the end of our lives can be challenging. Aging, with its accumulated losses and disappointments, finds us. Navigating the territory of life's difficulties in midlife carries unique obstacles. But it also holds the promise of being motivated to the lives we truly want to live! In learning how to grieve and then go on to grow, midlife can lead to our best life. But what are the ingredients that hold this promise? And how do we ensure that we won't get stuck along the way? In Midlife Maze, Jan Johnston's answer, we find practical tips on walking

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Featured Guest



Janis Clark Johnston

Janis Clark Johnston, EdD, has been a school psychologist in public schools, supervising psychologist at a mental health center, employee assistance therapist, and private practice family psychologist.

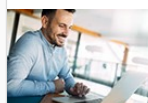
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