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HEALTH & WELLNESS



good grief

WITH CHERYL ESPINOSA-JONES

Good Grief with Cheryl Jones
Wednesday at 2 PM Pacific
January 3rd 2018: Journey's End

The heart which has known loss looks for echoes. Who has something to teach us about this new and daunting territory? Julie Saeger Nierenberg and Victoria Brewster set out on a search for people who had something to say about death, dying and end of life. In the process, they created a book full of individual and professional insights into the land of loss. Join us to talk about their new book, how it came about, and the impact it's had on them to explore this world.

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Featured Guests



Victoria Brewster

Victoria has a master of social work degree and a CEOLS (Certified End of Life Specialist) certification. She has worked as a case manager with older adults for the past seventeen years and as a group facilitator.

[Read more](#)



Julie Saeger Nierenberg

Inspired equally by her professional backgrounds as a biomedical researcher and long-time educator, Julie values open and lively discussions based on interview and research findings, trends in health and wellness, and exciting new modalities of treatment and professional education.

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