

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



HEALTH & WELLNESS



**Solutions and Strategies with Dr Sean:  
Living the Challenge**  
Podcast Episodes Available On Demand  
VoiceAmerica Health and Wellness Channel  
**January 10th 2019: New Year Show. Living in the  
Now**

On this episode will be discussing not only the state of our current community but how we can live a better life and reduce your anxieties and challenges by staying in the Now.



#### Tune in

Podcast Episodes Available  
On Demand VoiceAmerica  
Health and Wellness Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

**Questions? Comments?**  
Call In Live! Call-In  
Toll Free: 1-866-472-5792  
Intl: 001-480-553-5759

#### Share This Episode



#### Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

**VOICEAMERICA BLOG**