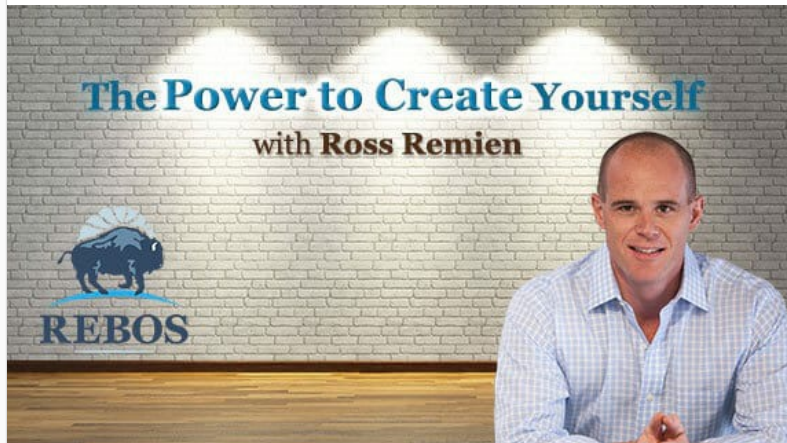


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HEALTH & WELLNESS



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February 21st 2017: Sobriety: Mind, Body and Soul

This week Ross is joined by Jay, a young man who has achieved not just sobriety, but a happy, active lifestyle and a thriving career in the recovery field. Jay will share his story and the particular tools and methods that allowed him to break free from addiction. Jay is an accomplished MMA fighter and trainer, and has found that the skills and discipline he uses as a fighter aid him in recovery, and the tools he learned in recovery have enhanced his training. Jay is living proof that wellness exists when the mind, body and soul are working in tandem.

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Featured Guest



Jay

Jay has been working in recovery for over two years now. He works closely with clients to help provide a positive living atmosphere by instilling discipline, integrity, respect, and self- confidence in them; all things he has learned through his own journey with addiction and his carrier and passion of being a mixed martial arts fighter.

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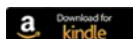
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