

PodCast 1-1-08 New Years Day Show

Contributed by
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During our New Year's Day show of Living for the Health of It Laura Langstaff will be joining us at some point to chat about some of the challenges of being the parent of a disabled adult, holiday challenges as well as day to day challenges.

We may even have the opportunity to hear some of Laura's music. She has been dealing with issues surrounding Matti and First Nations People on a much greater scale as well as her own issues and challenges.

Toma and I will be bringing in the new year with new insights and perspectives to live the best you can with what you've got from where you are; some times realizing what you have starts with realizing what you don't have, maybe even with a touch of gratitude.

Dr. Paola Lake will be both guest and guest co-host during this show, there will no doubt be interesting topics and conversation flowing over the air waves during the New Year's Day broadcast of Living for the Health of It because we are most definitely living for the health it.