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# EXPRESS YOURSELF!™ TEEN RADIO

Tuesdays at noon PT on VoiceAmerica Kids



## Express Yourself!

Tuesday at 12 Noon Pacific

**November 20th 2018: Gratitude and Deborah Myers Wellness**

Would you love your family to feel more relaxed, centered, and grateful? Joven Hundal and Jack Pawlakos interview Deborah Myers, an energetic Acupressurist and Jin Shin Jyutsu practitioner who has taught thousands of adults and kids self-help acupressure. The Daily Clean Your House Flow is an easy to use flow that is effective for reducing stress, providing pain relief and strengthening the immune system. Deborah created an animated video of the Daily Flow to address a need for youth of all ages to enjoy more stress-free lives. (www.deborahmyerswellness.com) The Gift of Gratitude from the ne

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## Featured Guest









### Deborah Myers

Deborah Myers empowers wellness, transforming stress and pain into balance and health. Health at your fingertips comes alive in her programs and workshops for the classroom and workplace. Deborah is an Acupressurist and Jin Shin Jyutsu practitioner and has been in private practice for over 20 years. She is founder and director of Deborah Myers Wellness and Health at Your Fingertips. She is the author of the Easy Self-Help Acupressure Book Series and the creator of the Daily Clean Your House Flow animated video, a program that allows people of all ages to enjoy more stress-free and productive lives.

[www.deborahmyerswellness.com](http://www.deborahmyerswellness.com) Deborah@debo

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