



**Sunday, January 6  
1-3pm PT • 4-6pm ET**

## **Lighting Your Life for the New Year**

Join us in *The Group Room* as we celebrate the beginning of the New Year with host **Selma R. Schimmel**, CEO & Founder of Vital Options International and special guest **Sandy Brewer**, author, speaker, therapist, coach and humanitarian.

For over 30 years she has, with compassion, wisdom, and practical tools, inspired thousands of people to move beyond challenges and ideas of limitations in order to make new choices and embrace the possibilities of their own lives.

Now Sandy has memorialized her innovative work and techniques in her memoir *Pursuit of Light, An Extraordinary Journey*, a gripping, witty, and inspiring true-life story that narrates her empowering pathway out of darkness into light. Vividly demonstrating the triumph of the human spirit, her life and work have been featured on NBC's Nightly News with Tom Brokaw and a nationally televised documentary.

With warmth, a light-heart, and compelling insight, she shares the profound lessons of her personal journey and how they apply to people from all walks of life and in all situations. Discover how you, too, can look at your life from a new perspective and create new possibilities and ways to light your life in the New Year.

### **CALL IN AND PARTICIPATE!**

**1-800-GRP-ROOM • (1-800-477-7666) • [info@vitaloptions.org](mailto:info@vitaloptions.org)**

For a listing of stations in your area or to listen to the live Internet Simulcast visit [vitaloptions.org](http://vitaloptions.org). *The Group Room* can be heard live via XM Satellite Radio *TalkRadio* 165 and podcast at iTunes. *The Group Room* is produced by VITAL OPTIONS® INTERNATIONAL, a non-profit cancer communications, support and advocacy organization, in association with Premiere Radio Networks.

