

# Wilbur

## HOT SPRINGS

ESTABLISHED 1865

# NEWS

*A Sanctuary For The Self*

*SPECIAL EDITION*

*Dear Friends of Wilbur...*

*I am pleased to announce the start of my new radio program*

## *Mind Body Health*

Alternate Tuesdays at 1PM – Beginning April 4th  
on National Public Radio Affiliate  
KZYYX

88.1FM • 90.7FM • 91.5FM

(Available as streaming audio at [www.KZYYX.org](http://www.KZYYX.org))

The goal of my program is to create a virtual community of people sharing their life experiences with specific reference to “what has worked” to enhance well being.

Throughout the program I will also be accepting calls from those seeking and sharing psychological counsel; conducting phone interviews with a wide variety of health practitioners, researchers, health activists and government officials; and, sharing emails sent by listeners on the subject of “what has worked in my life”.

- If you have a story about something you did which helped to significantly improve your well-being send me an email.
- To apply to be interviewed on the air regarding work you are doing in the area of psychological and/or physical health send a brief summary of your topic along with a short resume.

Information regarding our health and well being is powerful and can help to improve the lives of others.



Join me in spreading the power of health,

*Richard*

Richard Louis Miller, M.A., Ph.D.

[drrlm@aol.com](mailto:drrlm@aol.com)

*Special Wilbur Event . . .* **Guest Chef Weekend • March 24th-26th • Debra Chase**

**Join us for five gastronomically delightful meals at the almost unbelievable low price of \$100!**

*With over three decades of professional culinary experience, Debra Chase has worked in fine restaurants from the San Juan Islands, Washington to Santa Monica, California. She received her Raw Food Chef, Raw Lifestyle Coach, and Raw Food Nutrition Specialist certifications through the Ekaya Institute of Living Food Education. Her style, wit, and generosity of spirit will keep you entertained, and we are sure you will find the food she prepares a unique pleasure! Call or email for reservations. Space is limited.*

**“In all the world... no waters like these”**

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