



Podcast Guest Interview One-Sheet

Midlife: Unmasked

Guest: Annie Sterle

Episode 9: 24 Days Without You: A Mother's Story, A Movement for Change

Episode Topic: Maternal health, Resilience, Caregiving, Post-partum depression, Hope, Obstetric emergency

Opening Script and Bio:

Annie Sterle is a maternal health advocate, speaker, and filmmaker dedicated to improving outcomes and experiences for mothers and their care teams. After surviving AFE, a rare and life-threatening childbirth emergency, she left her corporate career to focus on advocacy, storytelling, and systems-level change. She currently lives in Minneapolis with her family.

<https://www.24dayswithoutyou.com/>

AFE Support.org: <https://afesupport.org/what-is-amniotic-fluid-embolism/>