



San Francisco – November 4, 2020 – **TLNWest to add original, new series *The Counsel of Women***

2020 has been a year of challenge and unrest as Covid-19 has left practically no area of life unchanged. For women, life has always been multi-layered and often intense, filled with home, child-care, aging parent responsibilities, careers and volunteer activities. TLNWest is responding with a new, upcoming series, ***The Counsel of Women***, to address the needs of women in three areas of life – spiritual, emotional and physical. ***The Counsel of Women* premieres on Tuesday, November 17 at 8:30am.**

Each week, host and TLN President Debra Fraser will be joined by one of three experts and together they will explore what it means to live life fully, healthy and free for Jesus Christ in their unique areas of expertise.

Ann Hansen will address spiritual health. She is a speaker, motivator and the Freedom Ministries Pastor at Centerpoint Church in Riverside County, California where she and her husband, John, serve together. Her emphasis is healing, spiritual darkness or other internal hang-ups that hold us back. Ann's positivity in facing spiritual battles and raising children in today's environment is compelling and contagious.

Dr. Trillion Small has a Ph.D. in Clinical counseling and will be addressing mental and emotional health. She is an adjunct professor at the University of Texas at Dallas in the Behavioral & Brain Sciences Department. She is also a Licensed Marriage and Family Therapist and a Sport and Performance Consultant, providing mental training for high performers from the locker room to the boardroom.

Theresa Rowe will be empowering women in the area of physical wellness. She is a nationally certified fitness professional, author, motivational speaker and television host. She founded the *Shaped by Faith* television program...coming to TLNWest on Thursday mornings beginning December 3 at 8:30am. As a survivor of two open heart surgeries, she exercises her ministry by sharing life experiences.

The Counsel of Women will air every Tuesday @ 8:30am and Friday @ 7:30am.

The Total Living Network launched as WCFC TV38 in 1976 with Mayor Richard J. Daley presiding as guest speaker at the McCormick Place dedication. Over its forty-plus years of operation, TLN and TLNWest have produced original programming serving the Chicagoland and San Francisco faith communities and received numerous Midwest Emmy awards. Go to www.tln.com and tlnwest.tv for the live stream and ways to watch.

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