

AUTUMN 2019

turningpoint

YOUR LIFESTYLE, YOUR WELL-BEING

CECE PENISTON

Music, My journey and
Living Life Large

Men's Mental Health

Become Your Hero:
Journeying from Pain
to Wellness



TEAM ANTIGUA:

Island Girls Celebrate First Black
Women's Team to row across the
Atlantic and Special interview with
the Prime Minister of Antigua



PRIME MINISTER OF ANTIGUA AND BARBUDA

The Honourable Gaston Browne



THE JOURNEY

The Experiences
In-between that
Make Us Who We Are

ADOPTING A SENSE OF HUMOUR IN LIFE

Aunt Gertrude,
TurningPoint's own Agony
Aunt gives her advice



MERRILL OSMOND FROM LEGENDARY GROUP THE OSMONDS

talks about Life and his
UK 2019 Christmas Tour

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