

Women's Breast & Heart Initiative Launches Living for Longevity-A Podcast Designed to Help you Live Your Best Life

Inspired by guest stories of triumph over tragedy and features experts on a variety of lifestyle topics including nutrition, physical activity, and self-care.

MIAMI, FL, UNITED STATES, February 26, 2024 /EINPresswire.com/ -- The Women's Breast & Heart Initiative (WBHI)—a leader in disease prevention & early detection—launches a new inspirational resource, [Living for Longevity](#)—A Podcast Designed to Help You Live your Best Life, now available on YouTube, Spotify, Amazon Music and more. Recognizing American Heart Month, the first episode, A Matter of the Heart, highlights early detection and management of heart disease, while featuring aviation and mobility executive, attorney, publisher, consultant and serial entrepreneur, Lucy Morillo, Esq.



Andrea Ivory, Host and Lucy Morillo, Co-Founder LMA Consulting

Host [Andrea Ivory](#), founder of WBHI and Living for Longevity podcast, sits down with Lucy Morillo, co-founder LMA Consultants, on her incredible journey as a beautifully accomplished champion who conquered heart disease, proving that resilience and determination leads to success. Ms. Morillo, who actively runs four companies, shares the impact of family history and the importance of managing the physical, emotional, and spiritual aspects of one's health and wellness, and doing so with purpose.

"Living for Longevity podcast is a natural step for us in reaching audiences looking for ways to live a disease deterrent lifestyle while championing their goals," shares Andrea Ivory. "With February being American Heart Month and hosting the grandest holiday centered around love, Valentines Day, it's a timely moment to understand the risks of heart disease which is the number one cause of death in people living in the U.S. The mortality figures are largely avertable through disease prevention and early detection, which we hope to ignite through the personal stories we share."



Living for Longevity podcast is a natural step for us in reaching audiences looking for ways to live a disease deterrent lifestyle while championing their goals."

Andrea Ivory, founder and host

Living for Longevity is a podcast presented by the Women's Breast & Heart Initiative (WBHI), a non-profit organization that transforms and saves lives through disease prevention and early detection of breast cancer and heart disease. The host, Andrea Ivory, journeys with guests to share inspiring stories of triumph over tragedy, discuss simple strategies to help listeners and viewers live disease deterrent lifestyles, and features experts on a variety of lifestyle topics including nutrition, physical activity, self-care, and more.

If you have a personal story that can help guide others in living their best life, please contact info@flbreasthealth.com for guest consideration of the Living for Longevity podcast series.

Yvonne Lorie
+1 305-546-3688
[email us here](#)
WBHI

This press release can be viewed online at: <https://www.einpresswire.com/article/691071314>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.