

## Retiring Wellness

Submitted by Charlie Jordan on 08/02/2019 - 09:34



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Eposode 4 of *Retiring Well with Charlie Jordan* is *Retiring Wellness*

An oft-forgotten area of focus in all this planning is one's own health. Most successful executives and business owners work tirelessly for their family, their business, their employees and their coworkers. Doing all this, it's easy to neglect their own health and wellness, thinking of it as not necessarily urgent. I talk with executive and wellness coach Diana Murphy ([dianamurphycoaching.com](http://dianamurphycoaching.com)), about recommendations that can help you prepare your health for a thriving retirement.

You can download the episode here: <https://directory.libsyn.com/episode/index/id/10742132> <sup>[1]</sup>

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