

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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