



July 2009 News Flash

Changes and Letting Go

I know you haven't heard from me for the last two months. I haven't forgotten about you! The May and June News Flash took a back seat when life took an unwelcomed and sad turn.

In mid-May, while preparing to tape our next TV series, my 17 year-old grandson, Tyler, had his fifth open heart surgery. Ten days later, having never awakened from the procedure, he passed away. Tyler was such a joyful and special part of my life. The impact of this loss still has all of us reeling.

Tyler was not only my grandson but he was also a part of our SIT AND BE FIT production team. As an avid videographer and editor, he loved putting his special talents to work during our productions and his absence will be impossible to overlook.

The grieving process, though necessary, is never pleasant. I know you have probably gone through similar situations of loss. Sometimes it's comforting to know that none of us are in this alone.

In those first few weeks after Tyler passed I didn't think I could possibly follow through with our plans to tape a new TV series as scheduled. But, after much soul-searching, I decided to move forward as planned, producing 10 programs for this series and dedicating the programs to Tyler. It will be a way of honoring his life and

the role he played in mine. The new TV series is a meaningful diversion and is truly keeping me focused and filled with a sense of purpose.

Next month I'll share more about the upcoming series with you. If you would like to contribute follow [this link](#).

Wishing you and your loved ones, health, peace and many hours of quality time enjoyed together.

Warmest regards,

Mary Ann



Tyler and Mary Ann, 2008