

Balance



JASON PARMER, WELL WORLD PRODUCTIONS



JAMES GREENE



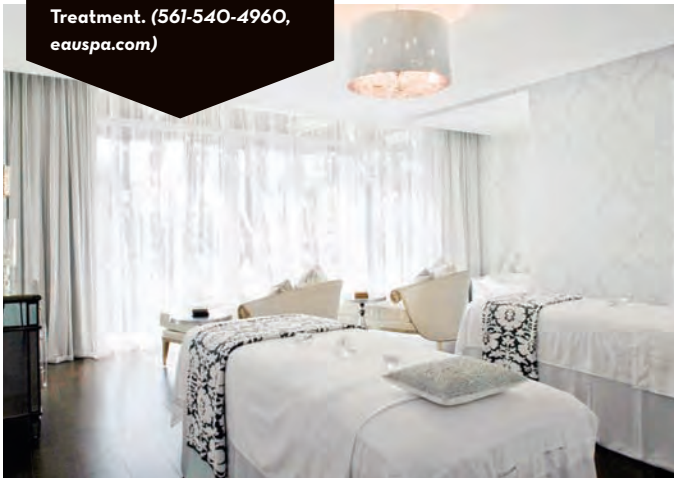
READ MORE IN OUR Q&A WITH DEBRA AT [PALMBEACH ILLUSTRATED.COM/JOURNEYINTOWELLBEING](http://PALMBEACHILLUSTRATED.COM/JOURNEYINTOWELLBEING)

IN HER SHOW, DEBRA K. EXPLORES MANY TOPICS, INCLUDING HEALTHY EATING AND FARMING PRACTICES.

Vital TV

SPOOKY SPA SPECIALS

This month, **Eau Spa** at the Eau Palm Beach Resort and Spa in Manalapan celebrates October's devilish side with specials that pay homage to monsters, ghouls, tricks and treats. Stop by for costumed treatments, including the Monster Mash Massage (a 50-minute back, neck and shoulder massage) and the Mummies and Deadies Float Bed Treatment (featuring a body scrub and cocoon wrap), or to dip your hands into a waxy paraffin potion as part of Madame Tussaud's Hand Treatment. (561-540-4960, eauspa.com)



For Delray Beach resident Debra K., wellness isn't just a way of life—it's a journey. Suffering from what she describes as "corporate burnout" and a slew of associated health issues, Debra embarked on a journey to share inspirational health stories with a national audience. In 2012, she began production on the first episode of *Journey into Wellbeing*, a public-access television show that explores health issues throughout the country. Though she features every facet of wellness, "my passion is to address the top three health concerns in the nation, which are, for me, diabetes, obesity and depression," she says.

Debra's first episode focused on her home state of Kentucky, where she highlighted organic farmers and a midwifery university, among others. She chose to start in Kentucky because it often gets a bad rep when it comes to health. "When I thought about taking on Ken-

tucky, part of me was a little bit skeptical," she admits. "I was amazed. Once you decide where to put your attention, it's amazing the great things you will discover."

Now, Debra is setting her sights on South Florida with the goal of creating episodes on individual cities, including Palm Beach, Jupiter, Boca Raton and Delray Beach. With production scheduled to start next month, Debra is looking forward to cooking healthy recipes with area chefs, exploring local hospitals, highlighting fitness-focused outdoor activities and more. Above all, Debra hopes to inspire viewers by just being herself.

"If I have the courage to show up, whether I'm feeling good or bad that day—just by being honest and not trying to be perfect—and then working with people who are so passionate and committed, I feel like that has the potential to change somebody's life," she says. (journeyintowellbeing.com)

FUTURE OF MEDICINE

Discover the latest in medical research at the Palm Beach County Medical Society Services' annual Future of Medicine Summit, taking place October 9-10 at the Kravis Center in West Palm Beach. The event, titled "Moving Forward: Innovations in Health," will include national speakers as well as panel discussions on hot-topic issues like food as medicine and the politics and therapeutics of medical marijuana, which will appear on the ballot next month. Advance registration is required. (561-433-3940, pbcms.org)



ANDREW DUANY

DR. ARTHUR AGATSTON, CREATOR OF THE SOUTH BEACH DIET, WILL SPEAK ABOUT THE NUTRITIONAL PLAN.