

FOR IMMEDIATE RELEASE

Shawna and LaLa Unveil Exciting New Chapter with Podcast Rebrand

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Shawna and LaLa, the dynamic duo based out of the Hudson Valley, New York, are thrilled to announce the rebranding of their popular podcast, now titled "**Shawna and LaLa: Life Beyond the Mic.**" The rebrand reflects the hosts' commitment to sharing their unique and relatable stories while continuing to inspire and uplift their audience through diverse and engaging content.

Shawna May, a veteran in the entertainment industry, and LaLa Marie, a renowned figure in the Hudson Valley music scene, bring a wealth of experience to their podcast. Their journey is not only about entertainment but also about overcoming personal challenges. Shawna, a premature birth survivor with scoliosis and mild Cerebral Palsy, and LaLa, a Crohn's and Colitis survivor, use their platform to bring awareness to health issues and life's daily challenges, including parenting.

Listeners can expect the same high-energy, fast-paced show featuring celebrity interviews, consumer brand reviews, and engaging segments like giveaways and contests. Shawna and LaLa's passion for music, travel, and community involvement shines through in each episode, making "**Life Beyond the Mic**" a must-listen for anyone seeking a mix of inspiration, entertainment, and insightful conversation.

Join Shawna and LaLa on this new adventure as they continue to bring their stories and experiences to the airwaves. The podcast is available on major streaming platforms, and new episodes are released regularly.

For more information, visit [shawnaandlala.com](http://shawnaandlala.com).

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