

Mercedes Wilson is a wife, mother of 4 awesome children, an author, advocate, host of 7Life with WKBW Channel 7 and entrepreneur. When she was just 28 years old she was diagnosed with stage 2 breast cancer, which changed everything. From that battle, For Our Daughters Inc, a non-profit geared at teaching youth how to advocate for their health and wellness was birthed. They have served over 6,000 young women across WNY.

Mercedes is also the host of the new digital platform for Channel 7 called "7Life" which highlights all of the great people and places across WNY.

While doing a food segment for AM Buffalo, Mercedes discovered a dish that her late grandmother used to make called "Cha-Cha". Her family and friends loved it so much that she kept making it and it is now sold in over 100 grocery stores across Upstate NY along with Highmark stadium during our beloved Buffalo Bills games!. Of all of her accomplishments, she is the most proud of her beautiful family.