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HEALTH & WELLNESS



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**December 30th 2014: Setting goals for the New Year!**

In this episode we are going to provide insight and information that can help with those dreaded New Years resolutions. Goals can be great if done correctly, and we will talk about realistic and obtainable goals that can help us Live Healthy and Be Healthy



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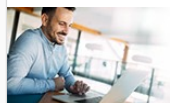
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