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HEALTH & WELLNESS



Ageless Living
Archives Available
July 16th 2013: Anti-aging life styles

Factors affecting aging can be categorized as internal and external. Our guest, board certified surgeon, Dr. Jose Robledo from Arizona Laser and Skin Cosmetic Surgery and Laser Institute will discuss those factors and the lifestyle that promotes health and ageless healthy appearance. Our second guest Joe Valdez, competitive fitness trainer and founder of PT by Joe will also discuss healthy ways to get fit and remain attractive in the short and long run.

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