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HEALTH & WELLNESS



Eat Well to Live Well

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December 1st 2014: Thank You Gifts for Everyone

The holidays are a time when we try and stop and say “thanks” for all we have in our lives. But, I know sometimes it feels like it's just a bunch more items on the to-do list!

So, some of my health-oriented girlfriends and I decided to get together and say thanks to you and have created fun virtual THANK YOU gifts.

Listen to learn more and find out what's available.

Gifts include:

- Learn the secret mistakes the diet industry doesn't want you to know
- Live a bigger purpose
- Feel happy today! <

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