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HEALTH & WELLNESS



Happy and Healthy Living with Darlene Godwin

Archives Available

December 28th 2016: Getting Lifetime Results for Your New Year Resolution

If your health goal is to loss weight and permanently get results from weight gain, pain or disease then its time to make "Long Term Goals". Warning! This show is not about a temporary fix with little to gain. To gain lifetime results we will explore the 3 pathways to see your New Year Resolution aka "Health Goal" through. Learn new ways to think, new ways to seek knowledge, and new actions in your life to maintain momentum. Together we will learn how to commit to a lifetime of new habits and get the support we need to keep us moving forward toward a Healthier and Happier Lifestyle.



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