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HEALTH & WELLNESS



**Talking with Tramaïne**  
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**November 6th 2019: Keep Calm & Breathe**

It's the most wonderful time of the year! It can also be the most stressful time of the year, if you let it! We are officially in the holiday season and we want you to be able to actually just enjoy this season without all of the stress, headaches and worry! In today's show we will share some tips and tricks to help you keep your "zen" during all the shopping, and cooking, holiday socials! Keep Calm & Breathe! We will also provide you with some great breathing exercises you can use when you start to fill the anxiety of the holidays starting to arise!

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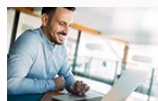


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