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HEALTH & WELLNESS



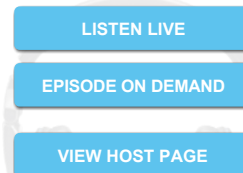
**Solutions and Strategies with Dr Sean:  
Living the Challenge**  
Thursday at 8 AM Pacific  
**January 13th 2022: Encore Meeting in the  
Middle....what can I do now**

We are all going through tough times. Collaboration right now is imperative. Remaining calm is imperative. Let's discuss ways to enter into the New Year.



### Tune in

Thursday at 8 AM Pacific Time  
on VoiceAmerica Health and  
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