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### Tips to Keep You Healthy, Happy, and Motivated Tuesday at 3 PM Pacific

There is a difference in Health and Wellness programs. There can be mainstream programs and then there is something extra. That something extra is called Tips to Keep You Healthy, Happy, and Motivated, with your host Kristen Harper. If you want to hear some behind the scenes talk radio when it comes to health and wellness, the why as well as the how, be sure to tune in each week!

This show inspires you to be healthy and happy for life, as well as become the best version of yourself! Kristen Harper is here to give you those extra tips that you don't always get from other health and wel

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