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Live Healthy, Be Healthy Archives Available

July 21st 2015: Anti-aging, your telomeres and more!

Anti-aging is on everyone's mind these days, and some of the newest research leads us to many things that can help slow down this inevitable process. Your telomeres are at the center of the process and we will be discussing some new and exciting discoveries in that department. Join us as we explore what research has shown to help slow down the ticking of the time clock of aging so you can Live Healthy and Be Healthy!

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