



For Your Health: 5 Steps to Healthy Skin

Aging doesn't have to mean wrinkles and dry skin. Here's how to keep your youthful glow.

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Nutrition 101: Skin-Smart Eats

You are what you eat, and so is your skin. Try nutritionist Jyni's recipe for great skin at any age.

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Fitness 101: No Sweat?

Your virtual trainer Molly on how sweat keeps skin healthy ... and some fun ways to work one up!

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Wellness Notes: Recipe for Wrinkles

Which favorite food ages the skin? Scientists have found a surprising answer!

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Whip It Up

Sweet Potato & Cabbage Slaw



Real-Life Success Stories

'I lost 10 pounds and cut my stress levels!'



The Lighter Side

A New Wrinkle



Happenings

Run, walk or volunteer in your community

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