

health

MIND, BODY & SOUL

**BACK TO
FITNESS**
WHAT DOES A
PERSONAL TRAINER DO?

**SAVE
THE EYES**
CHECKUPS
ARE VITAL

**LET'S
SWIM**
PUBLIC POOL
ATTRACTS ALL AGES

FRIJO-NUECES
Current
SERVING FRIJO & LA SALLE COUNTIES
APRIL 2022