

# INSPIRE *health*

Empowering Natural Living

Mineral  
SUNSCREEN

WHY YOU  
SHOULD  
ENCOURAGE  
YOUR CHILDREN  
TO STUDY

*theArts*

How to  
**SHUT  
DOWN**  
Self Defeating  
Thoughts



*Eat, Live, Thrive*

**RECHARGE YOUR METABOLISM TO LOOK AND FEEL YOUNGER**

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Schedule your mammogram.  
Do it for *life*.

570-522-4200

**EVANGELICAL**  
COMMUNITY HOSPITAL

