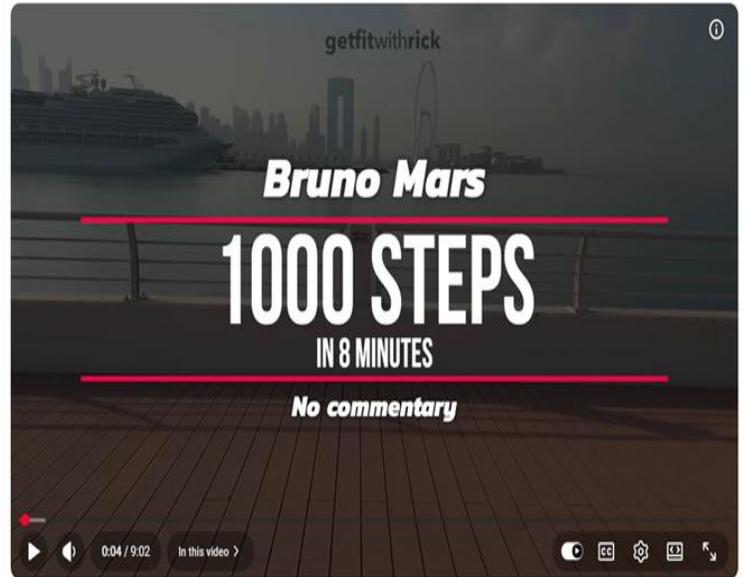


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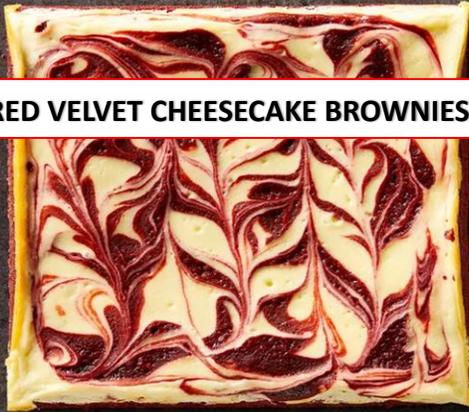


Are You an Empath? Take the Quiz



Bruno Mars Walking Workout | Daily Workout at home | 8 minutes

RED VELVET CHEESECAKE BROWNIES



When to Plant Vegetables in Tennessee



History of Valentine's Day



If there are any topics you would like to see in our next Be Well Newsletter, just email Stacy@parksrec.com