

# UPTOSPEED

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- ◆ The Lowdown on Headaches ◆ Doctor-Recommended New Year's Resolutions



## Manage Your Health to Enjoy the Holidays

No matter how or where you celebrate it, the holiday season often brings a lot of tension and other negative effects to one's health. Read on for our tips to enjoy the season and start next year on a healthy and positive note.

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**The Importance of Annual Physicals for Children**



**Headaches and How to Treat Them**



**New Year's Resolutions a Doctor Would Recommend**

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