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**Park District Hosts
Summer Concerts,
Family Events**

Researchers have established that

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regular exercise changes the DNA of skeletal muscle cells, reducing the risk of disease.

Exercise reduces risk of disease by changing DNA

The national vaccination effort is a central part of the White House's strategy and studies suggest that exercising can boost the vaccine's effectiveness.

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Can you do exercise before or after getting a covid-19 vaccine?

Certain types of users are more likely to use features of fitness apps in ways that fuel obsessive exercise patterns. Those who predominantly see apps as providing reciprocal benefits are more likely ...

Psychology Today

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financial results and
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for the second quarter

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Novavax Reports Second Quarter 2021 Financial Results and Operational Highlights

Simply noticing what's
happening inside our
heads is powerful.
Observing ...

In a chaotic world,

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more stillness?**

A new study finds that one year of regular moderate-to-vigorous aerobic exercise may be able to improve your memory and mental skills.

**Regular Aerobic
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Your Brain Age
Better**

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ClassNK introduces latest technical journal on autonomous ships

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Republicans will
oppose raising the
federal debt limit if
Democrats pursue their
\$3.5 trillion, 10-year
plan to strengthen
social and environment
programs, Senate
Minority Leader Mitch
McConnell

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McConnell: Democrats 'won't get our help' to lift debt limit

The squabbles in Congress have grown so venomous it inspired Reps. Dean Phillips and Dusty Johnson to try something new.

A Republican and Democrat walk into a town hall. Can they help fix

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A plea to improve athletic facilities was

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among comments
heard by Mifflinburg
Area School District
directors during their
most recent work
session.

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Ahead of his
enshrinement in the
Pro Football Hall of
Fame, former NFL
Commissioner Paul
Tagliabue spoke about
several key issues in

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football.

**Concussions, his
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future: Former
commissioner Paul
Tagliabue opens up**

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continuing education
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community, has been
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**Sampson County Is
The New Testing
Ground For A Plan**

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To Root Out Feral Swine

The Oklahoma City Town Hall has announced several nationally known speakers for its 2021-2022 lecture series, continuing its nearly 90-year tradition of bringing in speakers who enrich, entertain, ...

**On the Town: OKC
Town Hall topics
diverse, interesting**

