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PRINCE HALL NEWS

# PHAMILY PHITNESS

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## HAPPY HOLIDAYS

HAPPY HOLIDAYS PHAMILY. May The G.A.O.T.U. richly Bless and keep you safe throughout this season. I pray that all of us would reflect back on this past year, and vow to change the things that you have the power to change in the New Year. May we begin as history is made, and may we as PHamily, lead the way in this brave new world. I Love You All.

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Bro. Cola' holds a degree in exercise science, as well as numerous fitness and nutrition certifications. His goal is to bring about a better quality of life in addition to a realistic approach to overall health. He hails from SilverLeaf #457 in Conyers Ga.



## **Men's Health**

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