

RIDDLE EVANGELISTIC ASSOCIATION

To The Glory Of God. I Corinthians 10: 31

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HEALTH REPORT by Dale

August 2009

In the spring I lost 15 lbs , but while cooking for my family in MA I managed to put it all back on. I am thinking about trying to lose it again but not until after Christmas. I want to see my grandchildren grow up, but no one has a promise of another day. I try to live every day as if it were my last day; therefore, death will not be able to sneak up on me.

Health Report Archives

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