

Volume I | November, 2020



GOOD HEALTH NEWS

Take Your Health to Another Level!

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Visit our Website

Who We Are?

35 Days to Good Health offers a unique wellness experience that is dedicated to improving your mind, body, and soul by providing you with the tools necessary to improve your nutrition, exercise, and spiritual habits.

[Visit Our Newly Designed Website](#)



Mind, Body, & Soul

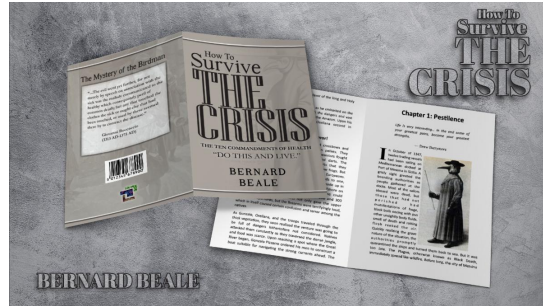
The importance of keeping your Mind,
Body, and Soul Healthy ...



Whats New?

New Book Now Available by, Bernard Beale

[SEE NOW >](#)



Listen to Our Podcast!

Our Interview with Mrs. Annel Wright age 102. (Black & Blue series.)

[Listen Now >](#)



From The CEO's Desk



Welcome!

Hey Friends!
This is the first of many newsletters to help you take your health to another level. We welcome you to share this newsletter with your friends and family. We look forward to helping you reach your goals.

Sincerely,
Bernard Beale

CEO, 35 Days to Good Health

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