

April 2021
A Special Supplement to

The West Volusia
Beacon EXTRA!
NEWSPAPERS

Well Being

Health & Medical

GUIDE

Walking the Tightrope

Risky behaviors that can lead to chronic disease

Is Yoga for You?

The various health benefits of yoga

Prevention & the Pandemic

How to approach preventive care during the pandemic



View this section online
by scanning this code or @ www.thewestvolusiabeacon.com/HealthMedicalGuide