

WINTER/SPRING 2023

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SCARSDALE LIVING MAGAZINE

**Rx FOR SAFE
SHOVELING**

A DOCTOR'S
ADVICE

SHAPE UP

SMART TECHNOLOGY
TO TRACK
YOUR FITNESS

**AND
SPARKS
FLEW...**

24 CHANCE MEETINGS
THAT LED TO LOVE

**SCARSDALE
ON ICE**

A 100-YEAR HISTORY OF OUR
FAVORITE WINTER SPORTS

**SOUP FOR
SUPPER**

WARM UP WITH HEARTY
ONE-POT MEALS