



**HEALTHY BODY**

**HEALTHY MIND**

**146 X 30' • \$149.99 each**

Every episode of Healthy Body, Healthy Mind Series focuses on the stories of real people; people who are working to make life better for themselves and their families, despite tremendous medical obstacles. In addition to compelling stories, get advice from top experts in the fields of health and wellness and hear about the latest technological advancements that will bring you right to the cutting edge of medicine.

- ITV101 - Nutrition & Exercise
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- ITV 505 - MDS: A Menace In The Blood
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# HEALTHY BODY

# HEALTHY MIND

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