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the year so far *Free Fit  
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Your Tri-Boro Patch  
community calendar is a  
great way to stay up to date  
on what's happening near you  
and discover local events  
that fit your interests.

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Here's a roundup of local events coming up in ...

*Tri-Boro Weekend Events: See What's Happening In The Area*  
Your Lawrenceville Patch community calendar is a great way to see what's

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happening near you and  
discover local events that  
fit your interests. See  
what's happening and what  
might interest you before  
...

*Lawrenceville Events*

*Page 15/43*

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*Calendar: See What's  
Happening This Weekend*

The Happy Co., known for its  
nootropic, functional  
beverage products, announced  
the unveiling of its new  
weight loss system. Included  
in this new system is a



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debut product, The Fit &  
Happy Shake, ...

*The Happy Co. Launches The  
Fit & Happy Weight Loss  
System*

Fit After 50 is a fitness  
program designed by Mark

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Mcilyar that caters to older men who want to trigger testosterone's improved production, which causes its own set of effects, such as building muscle ...

*Fit After 50 Reviews - Is*

*Page 18/43*

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*Mark Mcilyar Men's Program  
Legit?*

Freedom day 2.0 is fast approaching, as are summer holidays and relaxed travel rules - but with so much uncertainty and last-minute changes of plan, you'd be

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forgiven for not being quite  
as prepared ...

*The easy-living girl's guide  
to a stress-free and stylish  
summer*

There will be plenty of ways  
Vancouver can add offense

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and we could see a pretty good shakeup entering the 2021-22 season.

*Canucks Have Plenty of Free Agency Options to Add Secondary Scoring*

Jenna Ellis, who fought to

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Fitness Coach*

Broadway got through all of last year, and it's here. It's still here. After the



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*Broadway Is Back! A Guide to Shows, Tickets and Covid*

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*Protocols.*

Some call it revenge dressing. For others, it's a time to reconnect with a wardrobe filled with apparel and accessories. Here, an edit of the key accessories for an unforgettable re-

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Ebook emergence summer.

*The Complete Accessories  
Guide For A Summer Of Re-  
Emergence*

Tribes of Midgard started me off in modest rags, like so many other survival games.

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Thirty minutes later I was clad in sturdy leather armor, wielding a sword and shield, and fighting a giant which ...

*Tribes of Midgard is a new take on co-op survival for*

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*Vikings who haven't got all day*

Stand-up paddleboarding has seen an increase in popularity over the last few years. And with so much water surrounding us in the Seattle area, this is a

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great city to try and pick up the activity.

*A guide to stand-up  
paddleboarding in the  
Seattle area*

One day later, Davis  
announced that Garcia had

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signed with UNC on Friday.

"We recruited Dawson in high school because we thought he'd be a perfect fit here ... a season-high 28 points at Villanova.

*Hubert Davis: Dawson Garcia*

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*'A Perfect Fit' at North  
Carolina*

Happy (almost) golden anniversary, Discovery Park! The park turns 50 next year and we're celebrating this wonderful public green space a little early. It is the



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city's biggest park by far,  
and the ...

*Our guide to Discovery Park:  
Tips for a day of exploring  
Seattle's biggest park with  
kids*

When the Chicago Bulls were

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in dogged pursuit of former Denver GM Arturas Karnisovas, the Nuggets did everything in their power to ensure one of their own landed the job.

*Would Nuggets' Wes Unseld*

*Page 34/43*

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*Jr. be a better head  
coaching fit for Washington  
or Orlando?*

Yolo Healthy Aging Alliance  
is hosting a free two-day  
webinar series on how to  
prevent falls in the senior  
community on June 28 and 29

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...

*Yolo Healthy Aging Alliance  
hosts two-day webinar series  
for senior safety  
Just 18 days after*

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Book  
dislocating his shoulder,  
Alun Wyn Jones has been  
passed fit to make a  
remarkable return to the  
Lions squad in South  
Africa. Warren Gatland  
hailed the return of the  
tour captain as ...

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*Alun Wyn Jones makes sensational return to Lions tour just 18 days after dislocating shoulder*  
Gone are the days ... a free agent." Taking the Wings' own UFAs out of the

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Equation, here are some potential UFAs who could fit what the Wings will be looking for beginning July 28 ...

*In slim free-agent market, there are potential fits and*

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*reunions for Red Wings*

The royal family might just be the key to finding the perfect Father's Day present. In addition to his ... he needs a hassle-free way to listen to his tunes. Prince William has tried his hand



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*Fit for a King! 10 Father's  
Day Gift Ideas Inspired by  
the Royal Family*

International Yoga Day ...  
free. The app is rated 4.7  
on the Google Play Store.

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There are more than 100 yoga poses available to you on this app. Yoga professionals are present on the app to guide ...

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