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29 June 2024 articles distributed to email clients	30	1	2	3
6 A Complete Guide to Sensory Deprivation Tanks	7	8	9	10
13 8 Weeknight Dinners You Can Whip Up In 20 Minutes	14	15	16	16
20 Save Space In the Kitchen with These Storage Hacks	21	22	23	24
27 5 Fitness Challenges and Their Creative Solutions Memorial Day	28	29	30 July 2024 articles distributed to email clients	31



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3 Ways Equine-Assisted Therapy Can Improve Your Well-being	4	5	6	7
10 Tasty Chicken Dinners Ready in Less Than 30 Minutes	11	12	13	14
17 5 Ways to Add Fun and Playfulness to Your Fitness Routine	18	19	20	21
24 Soda Water Makers 101: What to Know Before You Buy	25	26	27	28 August 2024 articles distributed to email clients
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1 How to Use Art and Expression for Mental Healing	2	3	4	5 Independence Day
8 Easy Instant Pot Recipes For Your Weeknight Rotation	9	10	11	12
15 Fitness Accountability Partnerships: Achieving Goals Together	16	17	18	19
22 Delicious Recipes for the Ultimate Meatless Monday	23	24	25	26
29 4 Undeniably Delicious and Healthy Single-Serving Recipes	30 September 2024 articles distributed to email clients	31	1	2