

4
Ways to
Say 'No'
Gracefully

**Guilt-Free
Lasagna
and More
Italian
'Make-
unders'**



**Healing
With
Humor**

**Return to
Slender**

An Inspiring Story
Of Weight-Loss

**Discover
Pickleball**

(Hint: It's a game!)

10 Healthy
Food Claims
What They
Really Mean