

**HealthClub HEALTHWISE**

**January**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The January focus is on eye health and physical activity.

**HealthClub HEALTHWISE**

**February**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The February focus is on turkey-related health topics.

**HealthClub HEALTHWISE**

**March**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The March focus is on fish-related health topics.

**HealthClub HEALTHWISE**

**April**

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**HealthClub HEALTHWISE**

**May**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The May focus is on mushroom-related health topics.

**HealthClub HEALTHWISE**

**June**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The June focus is on mushroom-related health topics.

**HealthClub HEALTHWISE**

**July**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The July focus is on cycling and physical activity.

**HealthClub HEALTHWISE**

**August**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The August focus is on tomato-related health topics.

**HealthClub HEALTHWISE**

**September**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The September focus is on tomato-related health topics.

**HealthClub HEALTHWISE**

**October**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The October focus is on tomato-related health topics.

**HealthClub HEALTHWISE**

**November**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The November focus is on tomato-related health topics.

**HealthClub HEALTHWISE**

**December**

Health Club members are invited to participate in a variety of health and fitness activities throughout the year. The December focus is on tomato-related health topics.

**Christmas**

**C**hristmas is a time of joy and celebration. It's a time to gather with family and friends, to share stories and laughter. It's a time to give and receive gifts, to spread love and kindness. It's a time to reflect on the past year and to look forward to the future with hope and optimism.

**S**ong books are a wonderful way to celebrate the season. They provide a collection of songs that are perfect for the occasion. Whether you're looking for traditional carols or contemporary hits, there's a song for everyone. Song books are also a great way to introduce children to the music of the season.

**SONG BOOK**



**FOR WOMEN ONLY**

# Your Body, Your Health

**Y**our health is your most valuable asset. It's the foundation of everything you do. Taking care of your body is the best way to ensure a long and healthy life. This book provides a comprehensive guide to women's health, covering everything from nutrition to exercise. It's a must-read for every woman who wants to feel her best.

**Key features include:**

- The right way to eat
- Exercise that works
- How to avoid stress
- How to prevent disease
- How to live longer

**Doctors**

**Take Magnin. And for hours, walk away from minor or the 100 pain.**

**Magnin**



**January**

**J**anuary is the start of a new year. It's a time to set goals and to make resolutions. It's a time to reflect on the past year and to look forward to the future with hope and optimism. January is also a time to celebrate the birth of Jesus Christ. It's a time to share stories and laughter with family and friends.

**T**he winter season is a time of beauty and wonder. The snow is falling, and the trees are covered in white. It's a time to enjoy the cold weather and to bundle up in warm clothes. January is a great time to go skiing or snowboarding.



**Keep your health**

**K**eep your health in top shape. This book provides a comprehensive guide to maintaining good health. It covers everything from nutrition to exercise, from stress management to disease prevention. It's a must-read for every woman who wants to feel her best.

**Key features include:**

- How to eat right
- How to exercise
- How to manage stress
- How to prevent disease
- How to live longer

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**Key features include:**

- How to eat right
- How to exercise
- How to manage stress
- How to prevent disease
- How to live longer

**February**

**F**ebruary is a month of love and romance. It's a time to celebrate the love you have for your partner. It's a time to share stories and laughter with family and friends. February is also a time to reflect on the past year and to look forward to the future with hope and optimism.

**M**oreover, February is a time to celebrate the birth of the Virgin Mary. It's a time to share stories and laughter with family and friends. February is a great time to go on a romantic getaway.



**Countdown**

**C**ountdown to the new year. This book provides a comprehensive guide to celebrating the new year. It covers everything from party ideas to resolutions. It's a must-read for every woman who wants to feel her best.

**Key features include:**

- Party ideas
- Resolutions
- How to celebrate
- How to live longer

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**March**

**M**arch is a month of renewal and growth. It's a time to set goals and to make resolutions. It's a time to reflect on the past year and to look forward to the future with hope and optimism. March is also a time to celebrate the birth of Jesus Christ. It's a time to share stories and laughter with family and friends.

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**Fitness starts at breakfast**

**Kellogg's**



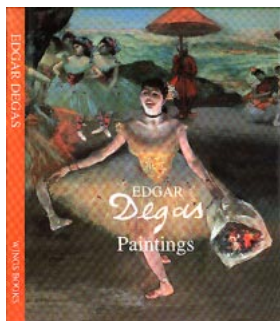
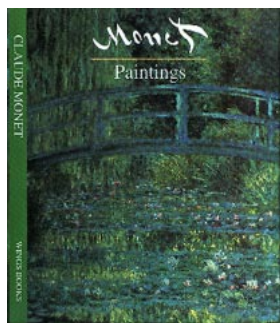
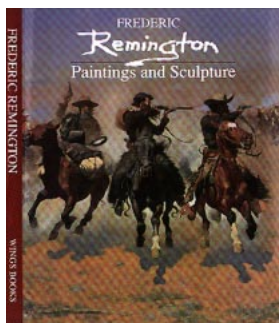
**March**

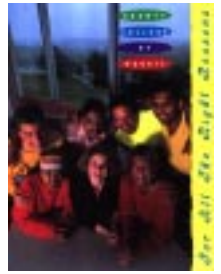
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**Health**

**H**ealth is your most valuable asset. It's the foundation of everything you do. Taking care of your body is the best way to ensure a long and healthy life. This book provides a comprehensive guide to women's health, covering everything from nutrition to exercise. It's a must-read for every woman who wants to feel her best.





A man in a white shirt and tie is sitting at a table, looking towards a woman in a purple top. They appear to be in a professional or educational setting. There are papers and a pen on the table.

**Star of the Night**

...

A man in a dark shirt is sitting at a table with a young girl in a pink and white patterned shirt. They are both looking towards the camera. There are other people and a sign in the background.

**Star of the Night**

...

A woman in a red dress is performing on a stage. She has her arms raised in a celebratory gesture. There are other people and a sign in the background.

**Star of the Night**

...

A man in a red and white striped shirt is sitting at a desk, looking at a computer monitor. He is smiling. There are other people and a sign in the background.

**Star of the Night**

...

A group of people, including children and adults, are sitting at a table. They appear to be in a professional or educational setting. There are papers and a pen on the table.

**Star of the Night**

...

Two women are sitting at a table, looking at a book or document together. They appear to be in a professional or educational setting. There are papers and a pen on the table.

**Star of the Night**

...

The Educational Arts Division and Outreach Program of the Connecticut Grand Opera and Orchestra is pleased to announce the 1993 production of Jacques Offenbach's "Barbe-bleue" (Bluebeard) at the Ledy Beach Centre Theatre Ford Amphitheater. These 1993 performances are jointly co-produced by the Connecticut Grand Opera and Orchestra, Connecticut Opera Association and Fort Landisville Opera. Education and Outreach Program produced in conjunction with the Stamford, Connecticut, by the Charles F. Culpeper Foundation, the Connecticut Commission on the Arts and the Xerox Corporation.

**Connecticut Grand Opera and Orchestra**

**Barbe-bleue**  
(Bluebeard)

by Jacques Offenbach  
Libretto by Christophe Lillien

Thursday, November 4, 1993  
Friday, November 5, 1993  
The Palace Theatre Stamford, Connecticut

**Thoughts on "Barbe-bleue"**

CHRISTOPHER LILLEN

A musical comedy about a serial killer. Who else but Jacques Offenbach, the co-mo-dey, could have created such a spectacle. Inevitably become the hit of entertainment-hungry Second Empire Paris because of its sure-fire combination of impediments: brilliantly melodic music (Mozart called Offenbach "the Mozart of the hilarious ball" era) topical satire.

"Barbe-bleue" was pulled by straight from the latest headlines—inspired by the exploits of a serial killer in Offenbach's day who was

**NOTES from the Artistic Director**

With the 1993 production of Offenbach's "Bluebeard", we open our 1993-94 season with Grand Opera and Orchestra's first interdisciplinary Education and Outreach Program. For the first time, an opera will perform on the main stage will be also presented for a large non-opera audience through a number of lectures, presentations, backstage tours, and dialogues with the conductor, stage director, singers, and technical personnel on their respective involvement on Offenbach's "Bluebeard".

The Education and Outreach program is topped off by an exhibition of art by contemporary artists, curated by Gerard McCarthy and

installed in the Arthur Sackler Gallery of The Palace Theatre. Gilbert and Sullivan, Johann Strauss, American musicals, the Marx Brothers, even Mel Brooks all owe much to Offenbach, who laid the groundwork for much musical theater for the next 150 years. Rather than examine how 19th-century Paris reacted to Offenbach's trendy social satire, it may be of more value to look at our reactions to the present day production of Offenbach's "Bluebeard".

If a work of art can serve as a window onto the cultural values of the society that produced it, so too may an





AIR MILLS PROGRAM DESCRIPTION

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46 Umbara perou an-25sa tempu revol phtu rokam revoc phtu rokam revoc...

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Wh rtw juke wigu Tempu revol Rokam revoc phtu rokam revoc...

40 MALES ANHARED TO READER

40 MALES ANHARED TO READER... 40 MALES ANHARED TO READER...

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Over One MILLION ENROLLED... Over One MILLION ENROLLED...

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COMMONLY ASKED QUESTIONS

- 1. Did I register... 2. How much... 3. How long... 4. Can I... 5. Can I... 6. How much... 7. How long... 8. Can I... 9. Can I... 10. How much... 11. How long...

Spotlight on Air Mills Member

Spotlight on Air Mills Member... Spotlight on Air Mills Member...

46 Umbara perou antra erorp netra 25sa muh' napan' neta' nara' neta' 22af

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Terms Used

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Do Not... Do Not...