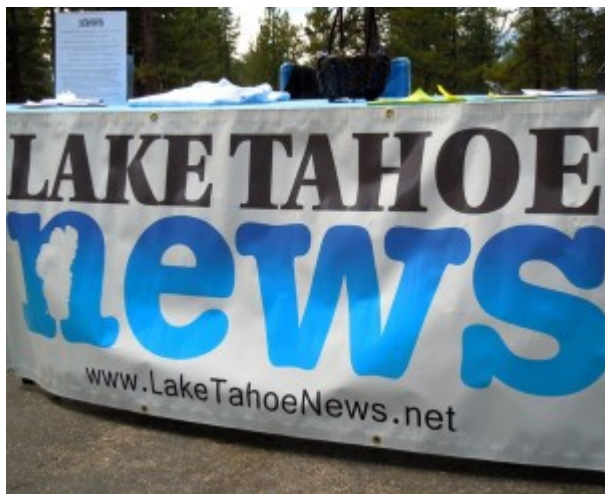


# LTN tidbit 6: Weekly health column offers sound advice



*May is 31 tidbits about Lake Tahoe News month.*

## **LTN tidbit No. 6:**

Mandy Kendall writes a weekly column for *Lake Tahoe News* each Friday about various health topics.

These are more than the average health column. Her tips are pragmatic, easy to follow and take a common-sense approach to life. It's not about drastic changes or lecturing or doing the impossible.

Kendall operates Health Connective in South Lake Tahoe. She may be reached at [healthconnective@gmail.com](mailto:healthconnective@gmail.com).

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