



July 4, 2011 – Grand Rapids, MI

Independence Day

Paula and I would like you to enjoy this holiday with as much red, white, and blue as you can take. Relax. Have fun with friends and family. Try to eat smart, but if you blow it, tomorrow's another day.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

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