

J. Edith Ram

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Line Dancing

I rock with the 'Improvers' on Friday's now. I'm learning Rattlesnake Kiss, Aces & 8's, After Party, & Lonely Drum.

Hip Hop

lymphatic therapy

R

I might be a little too old for this. I've had a blast, but I do not think I'll be taking the summer class.

Aerial Techniques

This is so much fun, but conflicts with WB Playhouse days, So I'll be taking a break from this this summer too. I am so glad the class is available & the teacher is amazing. I need to work on upper-body and try again in the fall

I found another goddess

I do <u>not</u> like regular massages (they're weird) I do like whatever Edith does because she 'fixes' me, especially those time I 'tweak' something & need meds. She un-tweaks what 's tweaked & so much more. I'm still learning about all of the services she offers Make an appointment * You will not be sorry!

Balance Beauty & Health

J. Edith Ramirez is a Muscle Therapist specialized in pain and body Rehabilitation since 2010 with a Registered License from the state of California, she has Skin Specialist certificates at the Medical Level since 2011 Accredited by the Chamber of Public Health and Beauty Services of California also has more than 15 graduates to shape and sculpt the female body.

Services

egnant massag

181 Hot stone therapy

Red lipolaser thera

BBL. Lifting buttock

BalanceBeautyandHealth.co

CollinsCorp.Biz (714) 988-3107

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Preview for the next issue



CollinsCorp Anaheim, California 657 230 7330 ph 714 458 2839 fax www.ColliinsCorp.Biz

2024 Trimester III Sep-Dec



How was your winter?



No, I'm not cold

Bear Mountain, CA with my girls

I lived 5 Years in Montana & 10 Years in Utah

If it's not snowing, I'm probably not cold . . . most of the time



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2024 Was a Landslide . . . for 'Did Not Vote'

Our ancestors laid down their lives so we could stand strong today, and it is our duty to honor that sacrifice. It is not just a right—it's a responsibility.

Our rights are still not ratified . The work is not done.

Eve eating the apple is the equivalent of the first woman getting a college education and prepared to explore the new & boundless world the Creator made, & Adam & men like him have been complaining ever since. We are called to learn, explore, & grow in understanding. We are not meant to let the world tell us what we are and who we should be This world is meant for us too, and we deserve to walk

through it with the knowledge that we are empowered, equal, and have the right to choose our own path(s).

So, Own your power!

Stand tall and strong for the future of all who come after us. WHAT THE F**K AMERICA?

Pay attention to what is going on around you & Vote! It is up to us to continue the journey our ancestors began.