

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.

Here is information about becoming a paid subscriber.