

# **Today's Podcast is Worth the Listen!**

**My dear friend Magaly Weaver is the special guest on today's podcast! Not only do you want to listen just because she is a joy to listen to, but she really brings it when it comes to tips on how to live a healthy lifestyle if you have a full time job or are constantly on the go! Click on the link in the picture to listen!**



**We Were Obviously  
Wrong.**

**Working mother Magaly sets us straight.**

The  
**TRIM HEALTHY  
PODCAST**

w/Serene & Pearl  
(and some guy named Danny)

**Oops!**

**Ctrl**

**Welcome to The Poddy.**

\*New episode released every Wednesday 6am CST

<https://cms.megaphone.fm/channel/trimhealthypodcast?selected=ADL6262707169>