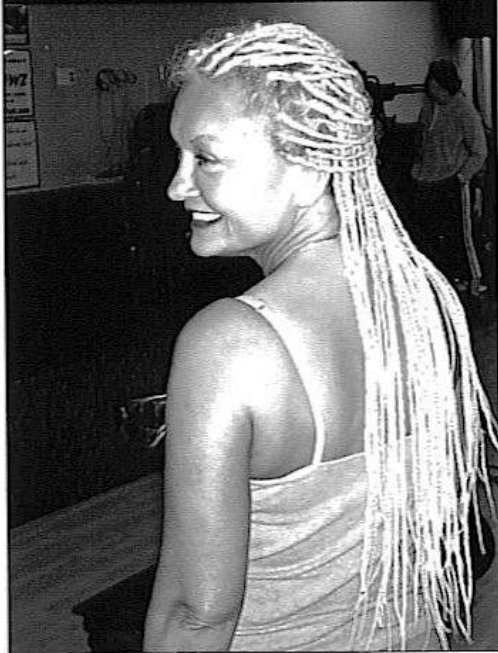


HAIR STYLE of the Month



HEY, MON! — When Kay King-Watson returned from a vacation to Jamaica, she was sporting these braids, causing her to be mistaken for Bo Derek. Maybe next time she'll bring a coconut and a pina colada for everyone!

APRIL Birthdays



April 1: Lynda Fournier, Karen McDonald, Janet Poland

April 3: Normand Rioux

April 12: Mark Sondag, April Visconti

April 13: Nancy Clair, Roland Hodges

April 14: Kerri Leblanc

April 16: Joseph Paradis, Andrew Deering

April 17: Paul Henry

April 18: Zack Brochu, Kailee Newcomb

April 19: Carey Kennedy, Tayla Knapp

April 20: Tina Collins

April 21: Barry Drake

April 22: Nancy Nelson, Timothy Richard, Louis Chabot

April 23: Carl Stinchfield, Grace Eaton

April 25: Devan Heutz

April 26: Kathleen Masselli, Kayla Olsen

April 27: Adam Sage, Joseph Sage

April 29: Tim Kachnovich

**Fitness
Stylz**

FIT NEWZ

Fit Newz is a free publication of Fitness Stylz Community Fitness Center, 17 Depot Street, Livermore Falls, Maine. We invite members to submit news for our monthly issues... from an upcoming birthday to your fitness progress, or any other items of interest. Contact Leslie with *your* news: FitNewz@FitnessStylz.com

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Yes, I'm *SURE* there's no mistletoe on April Fool's Day!