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Cryolipolysis is the process of freezing fat

(https://connect.uclahealth.org/2022/04/08/cryolipolysis-is-the-process-of-freezing-fat)

While cryolipolysis is FDA-approved and considered to be a safe alternative to surgery, adverse effects can occur



PE classes vital to children's physical and mental health

(https://connect.uclahealth.org/2022/04/08/pe-classes-vital-to-childrens-physical-and-mental-health/)

Statistics show collectively that increased physical activity leads to better academic performance among elementary, middle, and high school students



A welcoming face at the Ukraine border

(https://connect.uclahealth.org/2022/04/07/a-welcoming-face-on-the-ukraine-border/)

UCLA Health therapist Christie Nelson was compelled to aid war refugees

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