

# Woman's Day

LIVE WELL EVERY DAY™

FREE

# 20

# GREAT THINGS TO DO

that don't cost

SPECIAL RECIPE  
save-you  
health cl

"I'VE HAD  
22 CLUTTER  
BUSTER

LOOK YOUR  
FEEL YOUNG  
8 easy exer

slow-cook  
summer  
6 no-fuss r

## health

*take 10 minutes*

Treat yourself to brightly colored blooms. Research shows that flowers give you more than a momentary boost; they'll keep you smiling for several days.

Shot on location at Radisson St. Martin Resort, Marina & Spa; [radisson.com/stmartin](http://radisson.com/stmartin) or 800-333-3333.

