From: Be The One podcast
To: Library Division
Subject: [EXTERNAL] - The role of lifestyle medicine
Date: Sunday, October 1, 2023 10:03:58 AM

Regan Stiegmann, an Air Force veteran and physician, discusses how diet, exercise and other factors play a role in mental wellness in this month's episode.

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The role of lifestyle medicine

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From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - Overcoming opioid crisis through fitness
Date: Tuesday, October 3, 2023 7:27:26 AM

American Legion members join this week's Tango Alpha Lima podcast to talk about "Small Town Strong," their documentary film about a small Ohio town's battle against opioid addiction.

Overcoming opioid crisis through fitness

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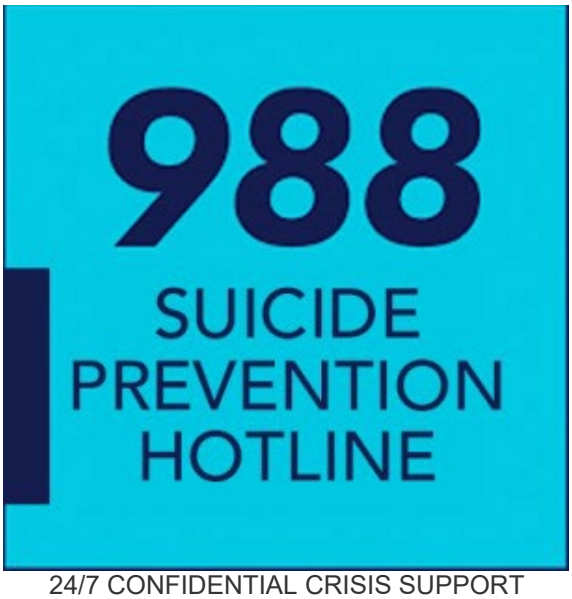

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From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - Former Army White House physician turns expert in telehealth care
Date: Tuesday, October 10, 2023 7:58:26 AM

Tango Alpha Lima podcast guest Dr. Jennifer Peña discusses her military career as a physician, including for two U.S. vice presidents, and how telehealth is changing care nationwide.

Former Army White House physician turns expert in telehealth care

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From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - The women heroes of the Afghanistan war
Date: Tuesday, October 17, 2023 8:23:09 AM

Two women veterans, an American and one from Afghanistan, share their wartime experiences and ongoing quest for the Afghanistan Adjustment Act in this week's American Legion Tango Alpha Lima podcast.

The women heroes of the Afghanistan war

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From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - VA health care, national security in the spotlight
Date: Tuesday, October 24, 2023 9:24:31 AM

American Legion VA&R and National Security chairmen join this week's American Legion Tango Alpha Lima podcast to talk about the potential impact of services during a government shutdown.

VA health care, national security in the spotlight

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From: Tango Alpha Lima podcast
To: Library Division
Subject: [EXTERNAL] - Blind, deaf veteran finishes 'world's toughest footrace'
Date: Tuesday, October 31, 2023 8:50:50 AM

Army and Navy veteran Aaron Hale shares his story about becoming the first blind and deaf person to finish the "world's toughest footrace" in this week's episode

Blind, deaf veteran finishes 'world's toughest footrace'

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