AT LONG LAST! THE SHOW LIVES! THE PODCASTS GO ON!

Kat and Chris host the first new podcast episode in over 18 months! This marks the official relaunch of the show alongside a series of live video broadcasts. The topic today is healthy living: Mind, body, and soul. Take a listen to what we have to say about it. Of course, it's light-hearted with a comical twist. Enjoy!

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