Bikes
continues from D1

...instance ... because the technology couldn't evolve, so in the last 10
years we've only seen an increase of 10 to 20 miles per hour over what we
could do a century ago as we grow older over the years, your.

It's often a popular sport and it
has a lot of benefits. Whether you're
out for a leisurely ride or training for
a race, the benefits of cycling are
great. Cycling can improve your
health, increase your stamina, and
help you lose weight.

If you're new to cycling or looking
for a new bike, there are many factors
you should consider before making
your purchase. Factors to consider
include the type of bike, the frame
size, the materials used, and the
price. Make sure to test ride the bike
before buying it to ensure it's right for
you.

In conclusion, cycling is a great
activity that can improve your
health and well-being. Whether you're
out for a leisurely ride or training for
a race, the benefits of cycling are
great. So why not give it a try and
experience the benefits today!

For more information, visit 
www.cyclingtips.net.

Practice ready to
resilience

Family Allergy

Asthma, a leading allergy and asthma medical
practice headquartered in
Erie, Pennsylvania, has
an office location near Miami Valley Hospital.

In honor of Asthma Awareness Month,
Dr. Amy Lavin, a pulmonologist and Allergy &
Asthma specialists who are more comfortable
be treated by a pediatrician in the area.

OPTIFIT(N)Intensive Immunity and peace of mind.

For more information,
visit www.AshlandAllergy.com.

New lifestyle store opening

A new lifestyle store called
The Shop will open in fall 2021 at the
Shared Space located at 1000 Grand
Central in downtown Erie. The store will
offer a wide range of products and services,
including clothing, accessories,
beauty products, and more.

The Shop will be located at
1000 Grand Central in downtown Erie.

The store will be open Mon-Fri
9-5, Sat 10-2 and Sun 11-2.

For more information,

Be an ally to female executive leaders

Stocks
continues from D1

the market during the
period, the
company saw
improvement in its
earnings. The stock has
been steadily increasing in
value and is expected to
continue to do so in the near
term. It is worth noting that
the stock performance is expected
to improve in the long-term,
due to the strong fundamentals
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