

INSPIRE

JULY | AUGUST 2026

DR. CARLOS WOLF'S
FOUR DECADES OF
COMPASSION AND
COMMUNITY

**Teaching
Integrity**
in an
AI WORLD

The
Anti-Inflammation
RESET

Why Dr. Steven Fein believes Women's Health Hematology Deserves More Attention



“Women are often told their symptoms are normal, but normal doesn’t always mean healthy.”

For generations, many women have been told that feeling exhausted, lightheaded, overwhelmed, or constantly depleted is simply part of life. Heavy periods, low energy, brain fog, hair loss, shortness of breath, and difficulty recovering after pregnancy are often normalized rather than investigated. But according to Dr. Steven Fein, these symptoms may be telling a much deeper story.

As a physician specializing in hematology, Dr. Fein has spent years treating blood disorders and iron deficiency. Along the way, he began noticing a pattern: many women were living with symptoms that significantly impacted their quality of life, yet the underlying blood-related causes often went undiagnosed or untreated.

This observation led him to champion a growing concept he calls Women's Health Hematology. He takes on an approach that recognizes the critical role blood health plays throughout every stage of a woman's life.

Iron deficiency alone affects millions of women worldwide. Yet many patients spend months—or even years—searching for answers before receiving a proper diagnosis. Through his work, Dr. Fein advocates for a more comprehensive evaluation of symptoms, emphasizing that blood health should be considered alongside hormonal, nutritional, and lifestyle factors.

This philosophy became one of the driving forces behind FEM Women's Health, where care extends beyond traditional hematology to include nutrition, metabolic health, infusion therapy, and personalized wellness strategies. For women navigating heavy menstrual bleeding, pregnancy, postpartum recovery, perimenopause, menopause, chronic fatigue, or unexplained symptoms, this integrated perspective can be transformative.

Dr. Fein believes the future of healthcare will increasingly move toward collaboration between specialties rather than isolated treatment approaches.

By bringing attention to the relationship between blood health and women's health, Dr. Fein hopes to encourage both patients and healthcare providers to ask more questions, investigate symptoms more thoroughly, and recognize that feeling unwell should never simply be accepted as normal. Because when women are given answers, they are empowered to advocate for their health, restore their energy, and live at their fullest potential. ■

“Women experience unique physiological demands that directly affect their blood health,” explains Dr. Steven Fein. “From menstruation and pregnancy to postpartum recovery and menopause, there are factors that can dramatically influence iron stores, red blood cell production, and overall well-being.”

The Physician Behind the Movement

MEET THE PHYSICIAN
CHALLENGING HOW
HEALTHCARE THINKS ABOUT
WOMEN'S HEALTH

For years, women's symptoms
have been normalized.

**Dr. Fein believes they
deserve investigation.**

AREAS OF FOCUS



- Iron Deficiency
- Heavy Menstrual Bleeding
- Pregnancy & Postpartum
- Menopause
- Blood Disorders
- Fatigue



Dr. Fein

FOUNDER & MEDICAL DIRECTOR
Women's Health Hematology

At FEM, we specialize in getting to the root of what others may overlook. Our mission is simple: to provide answers, restore balance, and help women feel like themselves again

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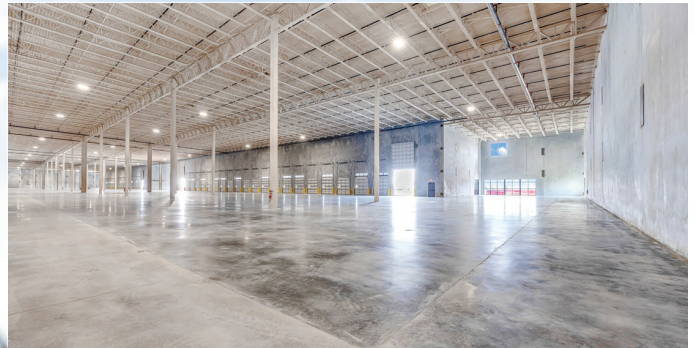
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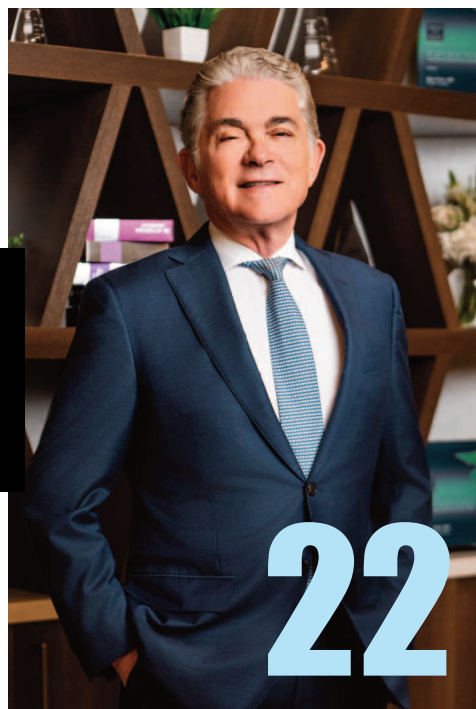
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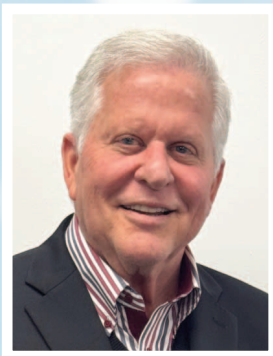
● editor's letter

In this issue of Inspire, we profile Dr. Carlos Wolf, one of the Miami's top. facial plastic surgeons who is well-known for his medical precision and artistic sensibility.

Writer Grant Parker shares tips for reducing inflammation and protecting your joints through gentle exercise, stretching and healthy eating habits. Justin O'Brien celebrates the merits of watercress, a crisp, peppery green recognized as one of the most nutrient-dense foods you can eat.

And Alyssa Ingram covers an important summer topic – the importance of protecting your skin from the sun's harmful rays and staying hydrated inside and out.

Enjoy the summer, stay inspired and keep healthy.



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The Plan Your Family Can't Afford to Skip

By: Alina F. Nunez, Esq.
Estate Planning and
Probate Attorney

You've spent decades building something real: a business, a portfolio, a home your children grew up in. But ask yourself a hard question, if something happens to you tomorrow, would your family know exactly what to do? Would they have access to funds within days, or be tied up in court for months?

For families with significant assets, "I have a will" often feels like enough.

IT ISN'T.

A will only takes effect after death, and it has to go through probate, a public, often slow process where your financial life becomes part of the court record for anyone to see, including creditors, disgruntled relatives, and curious neighbors. If you own a business, probate can freeze decision-making at the worst possible moment. If you have young children, a will alone won't protect their inheritance from being handed to them in a lump sum the day they turn eighteen.

This is where a properly funded trust changes everything.

A Trust lets your assets pass to your spouse, children, or business partners without probate, privately, and often within weeks rather than months. For business owners, it means continuity: a clear successor plan that keeps operations running instead of stalling in court. For parents of young children, it means control, you decide when and

how your children receive their inheritance, whether that's staggered distributions at certain ages or funds reserved for education, rather than leaving it to a court-appointed guardian's discretion.

A trust also protects what you've built from the unexpected: a future divorce, a lawsuit, or a beneficiary who simply isn't ready to manage wealth. And for families with assets in the multi-million-dollar range, the right trust structure can meaningfully reduce exposure to estate taxes, keeping more of what you've earned with the people you intend to benefit.

“The families who put this off usually aren't being careless, they're busy, and estate planning feels like something to handle “someday.” But someday isn't a plan, and the cost of waiting isn't paid by you. It's paid by the people you love most, at the worst possible time.”



If your estate plan hasn't been reviewed in the last few years, or worse yet, doesn't exist, now is the time to change that. Our team works with families and business owners throughout the area to build trusts and estate plans that protect what matters and keep decisions in your hands, not a courtroom's. Make someday TODAY and reach out to our office to start the conversation.

About the Author - Alina F. Nuñez, Esq. is the principal attorney at Nunez Estate Law & Title, a Miami-based law firm devoted to helping families safeguard their wealth and smoothly transfer it to the next generation. Schedule Your Consultation - "Protect your family today—your legacy depends on it" (305) 962-5929 | www.nunezlawfl.com

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NEW HORIZONS

FOR LAW FIRM COLSON HICKS EIDSON

BY SHAWN MACOMBER



■ Mike Eidson

"WHEN THE WINDS of change blow," an old Chinese proverb notes, "some people build walls and others build windmills." It's fair to say that Mike Eidson and Dean C. Colson are master constructors of both—in the best sense possible.

On one hand, the pair are, respectively, Senior Partner and Managing Partner of the venerable Coral Gables law firm Colson Hicks Eidson, which has established itself in Miami and around the globe over the last half century-plus as the gold standard litigation law boutique. Along with partner and former U.S. Attorney Roberto Martinez, they manage the firm, which handles cases ranging from simple accidents to the most complicated automobile and tire defect cases, medical malpractice cases and complex commercial and white-collar cases. Eidson himself has tried more than 200 cases to a jury, and the firm has recovered billions of dollars for clients in individual, class actions, and mass tort cases.

On the other hand, Eidson and the firm have played an integral role in the revival of Coral Gables as a cultural hub: from purchasing, renovating, and bringing Books & Books into a historic property that would help spark the Aragon Avenue renaissance, to establishing the wholly unique world-class performance center Sanctuary of the Arts around the corner.

And that dual legacy of the pursuit of justice and historic preservation is now set to reach toward a new horizon with the firm's recent move into the penthouse of the elegant South Tower of the Douglas Entrance Office Parc—a spot in which chic, modern professional amenities and technology intertwine within the inspiring atmosphere of a classical Mediterranean oasis.

The Parc Towers, after all, not only encompass the sole business parc in the bustling Gables, but also the Phineas Paist designed Douglas Entrance (aka La Puerta del Sol), which includes a stone and stucco 90-foot belfry and 40-foot curved arch. The Douglas Entrance was completed in 1924—incidentally, the same year Colson's father, legendary local attorney, and firm co-founder, Bill Colson, was born in Miami, incidentally—and added to the U.S. National Register of Historic Places in 1972.

"When I was a child growing up here, this area was one of the centers of the whole community," Colson tells AQUA Pinecrest. And he knows of which he speaks: his Gables roots run deep. He attended Coral Gables High. Learned to swim at Venetian Pool. Played tennis at Salvador Park. Carved out a career and life here. "It's very exciting to us to have the opportunity not only to continue our work as a firm in this incredible new space but also to participate in the revival of one of the most beautiful sections of Coral Gables."

"It's going to be one of the most vibrant little villages in Coral Gables," Eidson adds. "And we're coming in on the ground floor."

CITIZEN LAWYERS

Eidson may not have been born in Miami, but he's an honorary native at this point. He arrived in Miami from Atlanta, Georgia

in 1972. “It felt like I’d taken a plane to a completely different world,” Eidson says. “I loved it.” He was working with a lawyer named Bill Hicks and Colson’s dad—“a real pioneer in both in the legal profession and in what he did for the community,” he says. Dean Colson was then just finishing law school, but after working in a prominent large law firm and clerking at the Fifth Circuit and the United States Supreme Court, he joined the firm. The pair bonded over a dedication to clients and a kind of creative restlessness that would soon reveal itself—a partnership that remains vital and fruitful more than 40 years on.

“Mike and I are very different...” Colson explains on a recent tour of the new offices to show off not only the stunning views but also selections from the stunningly diverse collection of art that he and Eidson have both been privately acquiring for decades. “...Yet very compatible,” Eidson finishes.

“We respect each other,” Colson continues, “and let each other do our own thing outside of the firm.”

The results are undeniable.

In the years since, Colson Hicks Eidson has handled a breathtaking array of cases: The firm represented the families of 51 of the 70 passengers killed in the 1996 crash of Aeroperú Flight 603. They tried a dozen claims from families of those killed in the Sept. 11 World Trade Center attacks. (And in his role as an officer with the Association of Trial Lawyers of America, Eidson worked with the U.S. Congress to underwrite a fund to fairly compensate the families as well as organized pro bono representation for over 3,000 of the families before a claims examiner who would place a fair value on the cases. Thanks to his efforts, almost all claims were resolved within a year—a virtually unheard of pace.) The firm also represented the families of kids murdered at Marjory Stoneman Douglas High School in Parkland and victims of the Surfside condominium collapse.

There is an emotional price to spending so much of one’s professional life delving into small and large-scale tragedies, but the work is important.

“Typically, our clients want justice as much as they want compensation,” Colson says. “We do our best to get them both. Nothing can bring a loved one back or reverse a traumatic injury—they know that—but there can be accountability.”

PIONEERING SPIRIT

Once upon a time the firm called 66 West Flagler home. Then they moved to the top office floor of the iconic Southeast Financial Center overlooking Biscayne Bay. “That was a really cool space,” Eidson says. “As we grew, though, it didn’t make as much sense to be there.”

Back in the day, the decision to move the firm to Coral Gables was not an easy one. There was a fear that the Gables did not have the same name cachet as Miami and that the high-profile national and international clients might not realize the two were really one and the same. But the high quality of life called and—no less important—an opportunity had arisen to purchase and restore a piece of historic property on Aragon Avenue in the heart of the Gables’ picturesque downtown. Where others might zig, however, Eidson and Colson chose to zag.

“That space is perfectly suited to a restaurant,” Eidson says. “But restaurants come and go. We wanted something that would have more lasting cultural impact.” At the suggestion of their architect at the time Raul Rodriguez, Miami Beach-native and future co-founder of the Miami Book Fair Mitchell Kaplan was tapped to establish the space as another location of his independent chain Books & Books. It has since come to be recognized—correctly!—as one of the best independent bookstores in the nation. “We could’ve charged considerably more rent to a restaurant,” Colson says. “But rent was not the goal.”

The knock-on effect? That whole block is a cultural hub. The Coral Gables Museum is next door to Books & Books. Across the street you have Coral Gables Art Cinema. “It was good for the city,” Eidson says, “but also very good for our law firm because we got to work out of that amazing space.” Around the corner there is Sanctuary of the Arts—another of Eidson’s passion projects, which saw three buildings once belonging to the First Church of Christ Scientist converted into world-class performance and training spaces.

Of course, the firm’s community service is not limited to historic preservation and cultural enrichment. Over the last two decades Colson is the only person to have chaired the State University System in Florida, the Board of Trustees of Florida International University, and the Board of Trustees of the University of Miami.

Shortly after the recession hit, the firm sold its stake on Aragon and moved to a property on Alhambra Circle where they were until the Douglas Entrance opportunity arose.



■ Left to right: Partners Mike Eidson, Curtis Miner, Dean Colson, and Julie Braman Kane are settling into the elegant South Tower of the Douglas Entrance. Office Parc.

Eidson and Colson spent the better part of a year working with legendary Gables architect Gigi Alvarez to design and build the space out to the firm’s specifications. “Both she and her people are very creative,” Eidson says. “They take the time to look at the space you’re coming from, talk to you about what you want out of a new space, and then puts her own spin on it. In my opinion, Gigi is the Leonardo da Vinci or Michelangelo of commercial real estate design. She exceeded all expectations.”

The design includes three large state-of-the-art conference rooms in which the firm’s 13 lawyers can conduct depositions, mediations, client meetings, and even mock trials. “There’s a lot of space for the lawyers to really do the things they need to do now,” Eidson says. And the lawyers have a great synergy which only further strengthens the firm’s ability to handle significant litigation.

“Throughout the years and each move, we’ve gotten a better and better understanding of what we want, of what works best,” Eidson says. “So, we refine each time and evolve, which is important, and here we are.”

“This feels like the top right now,” Colson agrees. And soon the top of the building will bear the firm’s name.

A BRIGHT FUTURE

“Colson Hicks Eidson is not changing what we do,” Eidson says. And why would they? The firm—one of the oldest in Miami—has been on a steady, unceasing upward trajectory for over 50 years. Its stable of lawyers rivals any law firm in the world. And the world knows it. “We have a very, very highly skilled law firm that is not afraid to get on an airplane and take a case anywhere in the world,” Eidson says.

In something of a novelty in a post-COVID world, the lawyers of Colson Hicks Eidson not only love coming to the office, but they aren’t job hopping or using the firm as a stepping-stone. Again, why would they? They work out of a breathtaking office, have the privilege of consistently working on exceptional, high-profile case, and they make a real difference.

“We didn’t take the corner offices in this move,” Colson says. “The next generation of lawyers here is so talented, and we want them to know we recognize that.”

“Yep,” Eidson says, “the future, is as bright as it has ever been.”

For more information, visit www.colson.com.

MOVE *freely* AGAIN

By: Grant Parker

Reduce Inflammation, Protect Your Joints & Feel Lighter This Summer

There's a certain feeling that comes with summer—lightness, energy, and the desire to move. Longer days invite morning walks, afternoons outdoors, and evenings that stretch just a little longer. But for many people, that freedom is held back by something all too common: inflammation.

It doesn't always show up dramatically. Sometimes it's stiffness when you stand up. A knee that reminds you it's there. Tight shoulders. Low energy. A sense that your body just isn't moving the way it used to. The good news is this: you can change that. And it doesn't require extreme workouts or strict diets. It starts with understanding inflammation—and making simple, consistent choices that help your body work with you, not against you.

What Inflammation Really Feels Like

Inflammation isn't always obvious. It often builds quietly over time, influenced by stress, diet, lack of movement, and even poor sleep. Left unchecked, it can lead to:

- **Joint stiffness and discomfort**
- **Slower recovery after activity**
- **Fatigue and low energy**
- **Reduced mobility**

When your body is inflamed, movement feels harder. And when movement feels harder, we tend to do less of it—creating a cycle that can leave you feeling stuck.

1. Step One: Move Smarter, Not Harder

One of the biggest misconceptions about fitness is that more intensity equals better results. In reality, the key—especially when inflammation is involved—is consistency and joint-friendly movement.

Low-impact exercise can be incredibly effective at reducing inflammation and improving mobility without adding stress to your body.

Start with:

- **Walking at a steady, comfortable pace**
- **Gentle strength training with controlled movements**
- **Stretching to improve flexibility**

- and range of motion
- **Water-based exercise, like water aerobics, to reduce joint pressure**

These types of movement increase circulation, support joint health, and help your body recover more efficiently.

And perhaps most importantly—they're sustainable.

2. Step Two: **Eat to Support Your Body**

What you eat plays a direct role in how your body feels.

An anti-inflammatory approach doesn't have to be complicated. Focus on whole, fresh foods that naturally support your body:

- **Leafy greens and vegetables rich in antioxidants**
- **Healthy fats like olive oil and nuts**
- **Lean proteins to support muscle and recovery**
- **Fresh, seasonal foods that fuel without weighing you down**

Simple additions—like incorporating nutrient-dense greens or antioxidant-rich ingredients—can help reduce inflammation over time.

**It's not about perfection.
It's about consistency.**

3. Step Three: **Reduce the Hidden Triggers**

Inflammation isn't just physical—it's influenced by how you live.

Stress, poor sleep, and constant overstimulation can all keep your body in a heightened state, making it harder to recover and function well.

That's why recovery matters just as much as movement.

Simple habits can make a big difference:

- **Practicing breathwork to calm the nervous system**
- **Prioritizing quality sleep**
- **Taking time to unplug and reset**

When your body is calm, it can begin to heal.

4. Step Four: **Build Momentum**

When pain decreases—even slightly—you gain something powerful: momentum. Movement becomes easier. Energy improves. Confidence builds. And once you start feeling better, you naturally begin doing more of the things that support your health. This is where real change happens. Not through drastic measures—but through small, consistent improvements that add up over time.

Feel Lighter This Summer

Feeling "lighter" isn't just about weight. It's about how your body moves, how your joints feel, and how much energy you have throughout the day.

It's the ability to:

- **Walk without discomfort**
- **Stay active without hesitation**
- **Enjoy the season without feeling held back**

And it's within reach.

A Fresh Start

You don't have to push through pain to make progress. In fact, the opposite is often true. When you reduce inflammation, protect your joints, and support your body with the right habits, everything begins to shift.

*You move more freely.
You feel more energized.
You get your life back.*

**This summer,
let it be about more
than activity.**

Let it be about freedom of movement—and the confidence that comes with it.

Because when your body feels better, everything else follows. ■

*When your body
feels better,
everything else
follows.*



Joint-Friendly Fitness: Stay Active Without the Ache with Water Aerobics

By: Justin O'Brien

If staying active has started to feel harder on your joints, you're not alone. Many people scale back exercise because of discomfort—but the right kind of movement can actually reduce pain, improve mobility, and support long-term joint health.

One of the best options? *Water Aerobics*

Why Water Works

Exercising in water takes pressure off your joints while still giving you an effective workout. The natural buoyancy of water supports your body weight, reducing impact on knees, hips, and back. At the same time, water provides gentle resistance, helping you build strength without strain.

That combination makes water aerobics ideal for:

- **Joint pain or stiffness**
- **Arthritis or inflammation**
- **Injury recovery**
- **Anyone looking for a low-impact workout**

What to Expect

A typical water aerobics class includes a mix of:

- **Walking or jogging in place**
- **Leg lifts and arm movements**
- **Light resistance using water weights**
- **Gentle cardio to improve heart health**

The movements are simple, controlled, and easy to adjust to your fitness level.

Benefits Beyond the Pool

Water aerobics isn't just easier on your joints—it delivers real results:

- **Improves flexibility and range of motion**
- **Builds muscle strength safely**
- **Boosts circulation**
- **Supports weight management**
- **Helps reduce inflammation over time**

Plus, being in the water naturally encourages relaxation, making it just as good for your mind as it is for your body.

A Smarter Way to Stay Active

Staying active doesn't have to mean pushing through pain. In fact, the best workouts are the ones your body responds to positively.

Water aerobics offers a way to keep moving, stay strong, and feel better—without the ache. ■

Because fitness shouldn't wear you down.

It should lift you up.



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Black Garlic

The Bold Superfood for Modern Wellness

By: Grant Parker

If garlic has always been a staple in your kitchen, it may be time to discover its richer, more powerful cousin—black garlic. This deep, caramel-colored ingredient is gaining attention not just for its unique flavor, but for its impressive health benefits.

Black garlic is created by slowly fermenting whole bulbs of fresh garlic under controlled heat and humidity. Over time, the cloves transform into soft, dark segments with a slightly sweet, savory taste—often compared to balsamic vinegar or molasses. The process doesn't just change the flavor—it enhances the nutritional value.

One of the biggest advantages of black garlic is its high concentration of antioxidants. These compounds help protect the body from oxidative stress, a major contributor to inflammation and aging. In fact, black garlic contains significantly more antioxidants than raw garlic, making it a powerful ally for overall health.

Black garlic is also known for its anti-inflammatory properties. Chronic inflammation has been linked to issues ranging from joint discomfort to heart disease. The natural compounds found in black garlic, including S-allyl cysteine, help support the body's ability to reduce inflammation and maintain balance.

Heart health is another area where black garlic shines. Research suggests it may help support healthy cholesterol levels and improve circulation. Combined with its antioxidant profile, this makes it a smart addition to a heart-conscious lifestyle.

Unlike raw garlic, which can sometimes be harsh on the stomach, black garlic is milder and easier to digest. This makes it accessible for people who want the benefits of garlic without the strong aftertaste or digestive discomfort.

Adding black garlic to your meals is simple. Spread it on toast, blend it into

dressings, or mix it into sauces for a deep, savory flavor. It pairs especially well with roasted vegetables, meats, and grain bowls. Because of its rich taste, a small amount goes a long way.

What makes black garlic stand out is that it bridges the gap between food and function. It's not a supplement or a trend you have to force into your routine—it's something you'll actually enjoy eating.

As more people look for natural ways to support their health, black garlic offers a fresh, flavorful approach to reducing inflammation and enhancing wellness. ■

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THE ART OF HEALING

Dr. Carlos Wolf's Four Decades of Compassion and Community



MIAMI PLASTIC SURGERY
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degree from the University of Miami School of Medicine, completed his residency in head and neck surgery at Tulane University, and earned a fellowship in Facial Plastic and

Reconstructive Surgery through the American Academy of Facial Plastic and Reconstructive Surgery. He is double board-certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology. In 1999, Dr. Wolf co-founded Miami Plastic Surgery with two other doctors, now one of South Florida's most respected practices. Over the course of 38 years, Dr. Wolf has devoted his career exclusively to facial plastic surgery — a discipline that demands the rare combination of medical precision and artistic sensibility. By focusing solely on the face, he has developed a depth of expertise that allows him to deliver results that are natural and elegant while honoring each patient's individual appearance. Whether

performing rhinoplasty, facelifts, eyelid surgery, facial reconstruction, or non-surgical rejuvenation, he approaches every case with meticulous attention to detail and a profound respect for the trust placed in him. Patients of all backgrounds — and multiple generations of the same families — have remained in his care for decades, a testament to the relationships he builds as much as the results he delivers.

A Doctor Who Shows Up Before You Call

What distinguishes Dr. Wolf from many of his peers is a commitment that extends well beyond the operating room. For more than 15 years, he has written a regular column for the Miami Herald and contributed features to Miami's Community News, and he has been a familiar face on Telemundo's *Un Nuevo Día* — reaching patients not in clinical settings, but in their homes, in their language, on their terms.

There is a particular kind of trust that exists between a patient and a surgeon — one that goes far beyond credentials and surgical skill. It is built on honesty, consistency, and the quiet reassurance that the person holding the scalpel genuinely cares about the person on the table.

For nearly four decades, Dr. Carlos Wolf has been building exactly that kind of trust with the people of South Florida. And remarkably, he often begins building it before a patient ever walks through his door.

Born in Bogotá, Colombia, Dr. Wolf came to Miami at the age of six and grew up here. He went on to earn his medical

His columns read less like medical advisories and more like conversations with a knowledgeable friend. He has addressed questions patients are often hesitant to ask: how to plan for eyelid surgery during South Florida's social season, why filler and Botox recommendations vary, and what to expect after a facelift. These are the questions people quietly search for before deciding whether to schedule a consultation. Dr. Wolf answers them plainly, without jargon or a sales pitch. Being fluent in both Spanish and English allows him to connect directly with South Florida's diverse community, building familiarity and confidence long before a consultation is scheduled. It is, in many ways, his version of a house call.

The Experience of Being His Patient

That same honesty carries from the page into the exam room. Across hundreds of patient reviews spanning years of practice, the language is strikingly consistent: a doctor whose warmth never wavers, who listens carefully, explains thoroughly, and makes people feel seen rather than processed. Patients describe him as someone who treats them like family rather than a number — who took the time to explain not only what a procedure would involve, but what it wouldn't. For many, the decision to move forward with surgery shifted from daunting to manageable not because of any single credential, but because Dr. Wolf made them feel genuinely safe.

His practice reflects this philosophy at every level. The team at **Miami Plastic Surgery** is known for the

kind of warm, unhurried environment that is increasingly rare in modern medicine — one that Dr. Wolf has cultivated deliberately, understanding that exceptional care is as much about how patients feel as it is about what happens in surgery. Many patients have referred their closest friends and family members, confident that the experience will be the same for them: attentive, honest, and deeply personal.

A Life Beyond Medicine

Dr. Wolf's sense of purpose is not confined to his practice. Throughout his career, he has treated children with facial injuries, responded to emergency facial trauma cases, and helped restore both function and confidence to patients recovering from accidents and illness. He volunteers his medical services to victims of domestic violence. He serves as a Clinical Professor at Florida International University's Herbert Wertheim School of Medicine, shaping the next generation of surgeons. These are not footnotes to his career — they are expressions of the same values that define his medicine: service, generosity, and a belief that skill is most meaningful when it is put in service of others.

Outside of medicine, Dr. Wolf has also pursued a passion for winemaking. Together with close family friends, he helped create Roubaix Vineyards, a boutique winery devoted to producing Cabernet Sauvignon. Like his surgical practice, the vineyard embraces a philosophy of quality over quantity — patient, precise, and uncompromising.

Still Passionate After All These Years
What may be most remarkable



about Dr. Carlos Wolf is that after nearly four decades, his enthusiasm for medicine has not dimmed. He continues to embrace new techniques, evolving technologies, and every opportunity to refine his craft. The curiosity and dedication that drove him as a young physician in Miami are as evident today as they have ever been.

The South Florida community has benefited from that passion for nearly 40 years — through surgeries that restored confidence, columns that replaced fear with understanding, emergency care delivered when it mattered most, and a practice built on the belief that every patient deserves to feel heard. Dr. Carlos Wolf is one of the region's most accomplished and respected physicians. But ask his patients, and they will tell you something simpler: he made them feel safe, heard, and like family.

In medicine, there is no higher compliment than that.■

Teaching *Integrity* in an AI WORLD

By: Alyssa Ingram

Children today are growing up in a world where answers are instant and technology is always within reach. Tools powered by artificial intelligence can help with homework, generate ideas, and even complete assignments in seconds. While these tools offer incredible benefits, they also raise an important question:

How do we teach kids integrity when shortcuts are so easy?

Integrity has always been about doing the right thing—even when no one is watching. In an AI-driven world, that lesson matters more than ever. The goal isn't to fear technology or avoid it altogether, but to help children understand how to use it responsibly.

It starts with conversation.

Kids need to know that tools like AI are just that—tools. They can support learning, but they should never replace it. Encourage children to use technology as a way to explore ideas, not bypass effort. When a child understands why learning matters, they're less likely to take shortcuts that undermine their growth.

Another key is modeling behavior. Children watch how adults use technology. If they see parents relying on quick answers without thinking critically, they're more likely to do the same. But when they see curiosity,

effort, and honesty in action, those values take root.

Setting clear expectations also helps. Explain the difference between getting help and copying. Using AI to brainstorm ideas or check understanding can be valuable. Using it to do the work entirely is not. Helping kids understand that distinction builds both confidence and accountability.

Equally important is building self-worth beyond performance.

When children feel that their value is tied only to grades or outcomes, they may be more tempted to cut corners. But when they're praised for effort, persistence, and improvement, they begin to take pride in doing things the

right way.

Encourage them to ask questions, make mistakes, and learn through the process. Because that's where real growth happens.

Technology will continue to evolve, and AI will become an even bigger part of everyday life. But the values we teach today—honesty, responsibility, and integrity—will guide how children navigate that future.

In the end, raising strong, capable kids isn't about limiting tools.

It's about strengthening character.

And that's something no technology can replace. ■





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IDENTITY Theft

What to Do if it Happens to You

Identity theft can happen to anyone. Criminals use stolen personal information to open accounts, make purchases, file fraudulent tax returns, or gain access to financial resources. While discovering that your identity has been compromised can be stressful, taking quick action can help limit the damage and begin the recovery process.

One of the first signs of identity theft may be unfamiliar charges on a bank or credit card statement, unexpected bills, denied credit applications, or notifications regarding accounts you did not open. If you suspect identity theft, act immediately.

1 **Begin** by contacting your bank, credit card companies, and any affected financial institutions. Report the suspicious activity and request that compromised accounts be frozen or closed. Many financial institutions have dedicated fraud departments that can help guide you through the next steps.

2 **Next**, place a fraud alert on your credit reports. Fraud alerts encourage creditors to verify your identity before opening new accounts. You may also consider placing a credit freeze, which restricts access to your credit file and helps prevent unauthorized accounts from being opened in your name.

3 **Carefully review** your credit reports for unfamiliar accounts, inquiries, or inaccurate information. Dispute any fraudulent activity directly with the credit reporting agencies and affected businesses.

It is also important to change passwords on online accounts, especially those related to banking, email, shopping, and social media. Create strong, unique passwords and enable multi factor authentication whenever possible.

Keep detailed records of every phone call, email, letter, and report related to the incident. Documentation can be helpful when resolving disputes and proving fraudulent activity.

Identity theft victims should also report the crime to the appropriate authorities. Filing an official report can create a record of the incident and may assist with future investigations.

While recovering from identity theft can take time, many victims successfully restore their accounts and credit histories through persistence and proper documentation.

Prevention remains the best defense. Monitoring financial statements regularly, using strong passwords, protecting personal information, and remaining cautious about suspicious emails and messages can reduce the risk of becoming a victim.

By acting quickly and staying organized, individuals can minimize the impact of identity theft and take important steps toward protecting their financial future.



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SCAN TO LEARN MORE!

The Anti-Inflammation RESET

By: Grant Parker

What to Eat,
How to Move,
Why It Works.

Inflammation is your body's natural defense system—but when it lingers, it can quietly impact everything from your joints and digestion to your energy and weight. The good news is that your daily choices can help reset your system. With the right foods and movement, you can calm inflammation and feel lighter, clearer, and more energized.

What to Eat: Calm the Fire

Food is one of the most powerful tools for reducing inflammation. Focus on whole, nutrient-rich ingredients that support your body's natural healing process.

Start with colorful vegetables and fruits—berries, leafy greens, broccoli, and peppers are rich in antioxidants that help fight inflammation at the cellular level. Add healthy fats like olive oil, avocados, nuts, and seeds, which help protect your cells and support heart health. Omega-3-rich foods such as salmon and flaxseed are especially effective in reducing inflammatory markers.

Spices can also make a difference. Turmeric and ginger have long been known for their anti-inflammatory properties and can easily be added to meals, teas, or smoothies.

At the same time, reduce foods that can trigger inflammation, including highly processed items, refined sugars, and excessive alcohol. Small, consistent shifts often bring the biggest results.

How to Move: Keep It Gentle and Consistent

Movement is essential—but it doesn't have to be intense to be effective. In fact, gentle, consistent exercise is often best for lowering inflammation.

Walking, swimming, stretching, and yoga help improve circulation, reduce stiffness, and support joint health without putting stress on the body. Regular movement also helps regulate hormones and blood sugar, both of which play a role in inflammation.

Aim for at least 20–30 minutes of daily activity. The goal isn't perfection—it's

consistency. When your body moves regularly, it functions more efficiently.

Why It Works: Restore Balance

Chronic inflammation is often tied to stress, poor diet, lack of sleep, and inactivity. When you begin to nourish your body with whole foods and move it regularly, you address the root causes—not just the symptoms.

Anti-inflammatory foods reduce oxidative stress, movement improves circulation and detoxification, and together they help regulate your immune response. The result is a body that feels more balanced, resilient, and energized.

A Simple Reset with Lasting Impact
You don't need a complicated plan to feel better. Start with a few intentional changes—add more whole foods, move your body daily, and give yourself time to rest and recover.

When you reduce inflammation, you're not just improving how you feel today—you're supporting long-term health from the inside out. ■

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healthy destination

Hilton Head Health

A Sustainable Path to Weight Loss and Lasting Wellness

By: Gabriel Newsom

In a world filled with quick fixes and short-term diets, Hilton Head Health offers something refreshingly different: a sustainable, realistic approach to weight loss and healthy living that lasts long after you return home.

Located on the serene coast of South Carolina, Hilton Head Health—often called H3—has built a national reputation for helping individuals transform their lives through balanced nutrition, movement, and mindset. Rather than focusing on restrictive dieting, the program emphasizes **education, consistency, and lifestyle change.**

Guests don't just lose weight—they learn how to live well.

At the heart of the experience is a personalized approach. Each guest receives guidance tailored to their goals, whether that's weight loss, improved energy, or better overall health. Daily schedules are thoughtfully designed to include fitness classes, nutrition workshops, and hands-on cooking demonstrations that make healthy eating approachable and enjoyable.

The fitness component is equally flexible and accessible. From low-impact classes

and strength training to yoga and outdoor activities, guests can move at their own pace while building strength and confidence. The goal isn't intensity—it's consistency and progress.

Nutrition is where Hilton Head Health truly stands out. Guests learn how to prepare flavorful, satisfying meals using whole, nutrient-dense ingredients. There's no deprivation—just smarter choices that support long-term wellness. Cooking classes and meal planning sessions ensure that what you learn at the resort can be easily continued at home. Equally important is the focus on mind-

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set. Behavioral coaching helps guests identify habits, overcome obstacles, and develop a healthier relationship with food and self-care. This mental shift is often the key to lasting success.

The setting itself plays a powerful role. Surrounded by coastal beauty, walking trails, and peaceful surroundings, guests are encouraged to slow down, reset, and reconnect—with their health and with themselves.

What makes Hilton Head Health truly unique is its commitment to sustainability. This isn't about temporary results—it's about building a lifestyle you can maintain for years to come.

Because real change doesn't happen in a week. It happens when you leave with the tools, confidence, and knowledge to keep going. ■



eat fresh

The Most Powerful Green You're Not Eating

By: Justin O'Brien

When it comes to leafy greens, most people reach for spinach or kale. But there's a lesser-known option quietly rising to the top of the nutrition world—watercress.

Often overlooked, this crisp, peppery green is now being recognized as one of the most nutrient-dense foods you can eat. In fact, it has ranked at the very top of nutrient density lists, meaning it delivers an exceptional amount of vitamins and minerals for very few calories.

So what makes watercress so powerful?

It's packed with vitamin K, which plays a key role in bone and joint health—making it especially beneficial for those looking to support mobility and reduce inflammation. It's also rich in vitamin C, a powerful antioxidant that helps protect the body from oxidative stress, one of the major contributors to chronic inflammation. Add in vitamin A, calcium, and potassium, and you have a green that supports everything from immune function to heart health.

Watercress also contains natural plant compounds known as glucosinolates, which have been studied for their anti-inflammatory and detox-supporting properties. These compounds help the body neutralize harmful free radicals and may support long-term cellular health.

Another major benefit? Digestive support. Watercress is light, hydrating, and easy to digest, making it a great addition for those

looking to improve gut health—an important factor in managing inflammation throughout the body.

The best part is how easy it is to add watercress to your daily routine.

Its slightly peppery flavor makes it a perfect upgrade from traditional lettuce. Toss it into a salad for a fresh, vibrant bite, or layer it into sandwiches and wraps for added nutrition and crunch. It can also be blended into smoothies—surprisingly mild when paired with fruits like apple or pineapple.

For something warm, stir watercress into soups just before serving, or lightly sauté it with olive oil and garlic for a simple, flavorful side dish. Because it's delicate, it's best enjoyed fresh or only lightly cooked to preserve its nutrients.

As more people look for simple, natural ways to support their health, watercress stands out as a smart and accessible choice.

Sometimes the most powerful foods aren't the ones making headlines—they're the ones quietly delivering real results.

And watercress may just be the most powerful green you're not eating. ■



A New Standard in Mental Health Care: How AMC Psychiatric Services Is Transforming Treatment in Miami

In today's fast-paced world, mental health challenges such as depression, anxiety, and burnout are increasingly common—yet many individuals continue to struggle despite traditional treatments. In Miami, AMC Psychiatric Services is redefining mental health care by combining a holistic, patient-centered approach with innovative therapies, including ketamine treatment.

Beyond Traditional Psychiatry: A Holistic Model of Care

At AMC Psychiatric Services, care goes beyond symptom management. Each patient receives a comprehensive evaluation that considers not only psychiatric symptoms, but also lifestyle factors, stressors, relationships, and overall functioning.

This holistic approach integrates psychotherapy, medication management, and advanced treatment options, allowing for individualized care tailored to each patient's needs. The goal is not just symptom reduction—but meaningful, lasting improvement in quality of life.

Ketamine Therapy: A Breakthrough Option for Treatment-Resistant Conditions

For individuals who have not found relief with traditional medications, ketamine therapy offers a promising alternative.

Ketamine use for treatment-resistant depression and anxiety disorders is considered off-label, meaning it is not specifically FDA-approved for these conditions. However, it is supported by a growing body of clinical research and is increasingly used in specialized psychiatric settings.

Unlike conventional antidepressants, which may take weeks to work, ketamine has the potential to provide **rapid relief—sometimes within hours to days**.

At sub-anesthetic doses, ketamine is believed to work by enhancing synaptic plasticity and activating key neural pathways, including brain-derived neurotrophic factor (BDNF), which plays an important role in mood regulation, learning, and neural repair. These mechanisms are thought to contribute to its rapid and sustained antidepressant effects.

Safety and Expertise You Can Trust

What truly sets AMC Psychiatric Services apart is its unique integration of psychiatric care with **advanced medical monitoring**.

Treatments are conducted in a controlled, clinical environment with **anesthesia-level safety standards**, ensuring patients are closely monitored throughout the process. This



Karina Alas, MSN, APRN, PMHNP-BC, AGPCNP-BC
David Cordero, MSN, APRN, PMHNP-BC, CRNA

combination of expertise provides a level of safety, precision, and reassurance that is critical when exploring advanced therapies.

Patients can feel confident knowing they are receiving care that prioritizes both **effectiveness and safety**.

Who May Benefit from Ketamine Therapy?

Ketamine therapy may be appropriate for individuals experiencing:

- Treatment-resistant depression
- Persistent anxiety disorders
- Suicidal thoughts
- PTSD and trauma-related symptoms

Each patient undergoes a thorough evaluation to determine if this treatment is appropriate, ensuring a safe and personalized approach.

A Patient Experience Designed for Healing

From the moment patients walk into AMC Psychiatric Services, they are met with a calm, welcoming environment designed to reduce anxiety and promote comfort.

The clinic emphasizes compassion, discretion, and individualized care, recognizing that mental health treatment is deeply personal. Patients are supported every step of the way, from initial consultation through ongoing care.

Taking the Next Step

For those who feel they have “tried everything” without success, ketamine therapy may represent a new path forward.

To learn more about ketamine treatment or to schedule a consultation, visit **AMC Psychiatric Services in Kendall** or call the office directly. A personalized evaluation can help determine the most appropriate treatment options and guide the next step toward recovery.



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No-Bake Strawberry Yogurt Icebox Bars



By: Nellie Palmer

Ingredients (Serves 9-12)

- 2 cups fresh strawberries, chopped
- 2 cups plain Greek yogurt (or vanilla for extra sweetness)
- 3 tablespoons honey or maple syrup
- 1 teaspoon vanilla extract
- 1 cup crushed graham crackers
- 2 tablespoons melted butter or coconut oil



Instructions

1. **Prepare the crust**
In a bowl, mix crushed graham crackers with melted butter or coconut oil.
Press firmly into the bottom of a lined 8x8 pan.
2. **Make the filling**
In another bowl, mix Greek yogurt, honey, and vanilla until smooth.
3. **Layer the bars**
Spread half of the yogurt mixture over the crust.
Add a layer of strawberries.
Top with the remaining yogurt mixture and smooth evenly.
4. **Chill**
Refrigerate for at least 4 hours (or freeze for a firmer texture).
5. **Slice & serve**
Cut into squares and serve chilled.

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Is Your Pet Inflamed?

Signs, Causes & Natural Relief

By: Grant Parker

Just like people, pets can experience inflammation—and it often shows up in ways we might overlook. From constant scratching to slowing down on walks, these changes can signal that something isn't right.

Signs Your Pet May Be Inflamed

Inflammation can affect different parts of the body, but common signs include:

- **Excessive scratching, licking, or chewing**
- **Red, irritated skin or hot spots**
- **Joint stiffness or limping**
- **Digestive issues like bloating or irregular stools**
- **Low energy or behavior changes**

If you're noticing more than one of these symptoms, inflammation may be the cause.

What Causes Inflammation in Pets?

Several everyday factors can trigger inflammation:

- **Diet: Processed foods and low-quality ingredients**
- **Weight gain: Extra pounds stress joints and organs**
- **Allergies: Environmental or food sensitivities**
- **Aging: Increased joint and mobility issues**
- **Inactivity: Lack of movement impacts overall health**



The good news is that many of these can be improved with simple changes.

Natural Ways to Help

Small, consistent steps can make a big difference in your pet's health and comfort.

Improve Their Diet

Focus on whole, nutrient-rich foods when possible. Ingredients like:

- **Pumpkin (digestive support)**
- **Salmon or fish oil (omega-3s for inflammation)**
- **Leafy greens (vitamins and antioxidants)**

Maintain a Healthy Weight

Keeping your pet at a healthy weight reduces strain on joints and helps control inflammation.

Keep Them Moving

Regular, gentle exercise supports mobility and circulation. Even short daily walks help.

Consider Natural Support

With guidance from your veterinarian, supplements like fish oil may support inflammation reduction.

Reduce Stress

Comfortable bedding, routine, and a calm environment all contribute to better health.

A Healthier, Happier Pet

Inflammation doesn't happen overnight—and neither does healing. But by paying attention to the signs and making thoughtful changes, you can help your pet feel more comfortable, active, and like themselves again.

Because when your pet feels better, you can see it—in every step, every tail wag, and every moment you share. ■



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HOW TO PROTECT YOUR BUSINESS FROM COMMON LEGAL ISSUES



Every business owner works hard to build and grow a successful company. While focusing on customers, employees, and operations is important, protecting the business from legal issues is equally essential. Taking a proactive approach can help prevent costly disputes and keep the business operating smoothly.

One of the most effective ways to reduce legal risk is to use written agreements. Contracts help clearly define expectations, responsibilities, payment terms, deadlines, and procedures if disagreements arise. Whether working with customers, vendors, contractors, or employees, written agreements provide valuable protection for all parties involved.

Business owners should also ensure they operate under the proper legal structure. Sole proprietorships, partnerships, limited liability companies (and corporations each offer different levels of protection and tax advantages. Consulting with an attorney or business advise or can help determine the most appropriate structure for a specific business.

Employment practices are another common source of legal challenges. Employers should maintain clear policies regarding hiring, workplace conduct, compensation, discrimination, harassment, and employee discipline. Providing employee handbooks and consistent training can help establish expectations and reduce misunderstandings.

Protecting intellectual property is equally important. Business names, logos, trademarks, proprietary information, and creative content often represent valuable assets. Taking

steps to secure these assets can help prevent unauthorized use and strengthen the company's position in the marketplace.

Cybersecurity has become a growing legal concern for businesses of all sizes. Customer information, payment data, and confidential business records should be protected through secure systems, strong passwords, software updates, and employee training. Data breaches can lead to financial losses, reputational damage, and potential legal liability.

Businesses should also maintain proper insurance coverage. General liability, professional liability, property insurance, workers' compensation, and cyber insurance may provide valuable protection depending on the nature of the business.

Finally, business owners should seek professional advice before problems arise. Regular consultations with attorneys, accountants, and insurance professionals can help identify potential risks and ensure compliance with changing laws and regulations.

By investing time in prevention, businesses can avoid many common legal challenges. A strong legal foundation not only protects the company but also provides peace of mind, allowing owners to focus on growth, innovation, and serving their customers. ■

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The Sun and Aging

How to Protect Your Skin and Stay Radiant All Summer

By: Alyssa Ingram

There's something energizing about summer sunshine—but too much of it can quietly speed up the aging process. Sun exposure is one of the leading causes of premature aging, often called “photoaging,” which shows up as fine lines, wrinkles, sunspots, and loss of skin elasticity. The good news? With a few smart habits, you can enjoy the season while protecting your natural glow.

Make Sunscreen a Daily Essential
If there's one step that makes the biggest difference, it's sunscreen. A broad-spectrum SPF 30 or higher helps protect against both UVA (aging) and UVB (burning) rays. Apply it every morning—even on cloudy days—and reapply every two hours when outdoors. Don't forget easy-to-miss areas like your neck, hands, and ears.

Dress for Protection

Your wardrobe can be one of your best defenses. Lightweight, breathable fabrics with long sleeves, wide-brimmed hats, and UV-blocking sunglasses help shield your skin from direct exposure. Think of it as

effortless, wearable skincare.

Hydrate Inside and Out

Heat and sun can quickly dehydrate your skin, making fine lines more noticeable. Drinking plenty of water supports skin elasticity and helps maintain that smooth, plump appearance. Pair that with hydrating foods like watermelon, cucumbers, and berries for an added boost.

On the outside, switch to lightweight moisturizers that lock in hydration without feeling heavy. Ingredients like hyaluronic acid and aloe vera can soothe and refresh sun-exposed skin.

Time Your Sun Exposure

The sun is strongest between 10 a.m. and 4 p.m. Limiting direct exposure during these peak hours can significantly reduce damage.

Early morning or late afternoon sunlight is gentler and still offers the mood-boosting benefits of being outdoors.

Repair and Restore

Even with protection, your skin benefits



from extra care in the summer months. Antioxidant-rich serums—especially those with vitamin C—help combat free radical damage caused by UV exposure. At night, gentle cleansing and nourishing creams support your skin's natural repair process while you sleep.

A Healthy Glow That Lasts

A sun-kissed look may feel like the essence of summer, but true radiance comes from healthy, protected skin. By combining sun safety with simple daily care, you can slow visible aging and keep your skin looking vibrant all season long.

Because the goal isn't to avoid the sun—it's to enjoy it wisely. ■





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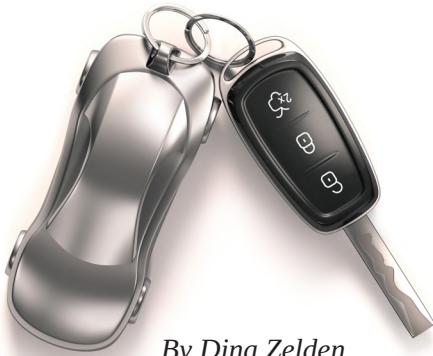
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By Dina Zelden

Lifestyles & CAR BUYING

Car buying has changed significantly over the past few decades. The internet has influenced every aspect of the process, from browsing the latest models to comparing finance options. As a senior, your lifestyle changes require a different outlook on purchasing a vehicle. Follow these do's and don't's to avoid a bumpy ride.

DON'T expect to learn everything at the dealership. **DO** educate yourself before you go. Use the internet to compare cars and read about the latest comfort and safety features.

Make a list of your must-haves as well as questions for the dealer. Talk to whoever helps with your finances ahead of time to know what will work with your monthly budget.

2. **DON'T** think you have to do things the way you have in the past. **DO** consider different makes and models of cars than you have in the past. Comfort and safety features are important at this time in your life. Be willing to look at all your finance options. Leasing could be right for you. Updates on cars happen quickly and safety features are being improved and added often. Leasing allows you

to keep up-to-date by getting a new model every few years. On the other hand, if there is a change in your lifestyle and driving ability, a lease must be paid off whereas a car that has been purchased can be sold. You may want to involve your adult children in this decision.

3. **DON'T** rush into a decision. **DO** have an exit strategy prepared for when you visit the dealership. Take time to consider your options. Remember that the internet is a great tool. If you are not comfortable with face-to-face negotiation, email lets you compose your thoughts and decide your strategy for getting the best value. You may want to ask about an extended test drive. Taking the car for a longer period of time allows you to be sure the seating is comfortable and you can handle the vehicle well. It is also an opportunity to be sure it fits in your garage or parking space, and can be moved in and out easily.

Purchasing or leasing a new vehicle can be an exciting time. Be sure to use modern tools and consider your lifestyle to be certain that your new car will be a good fit, physically and financially. 🚗





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