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IN GOOD Health

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COMFORT FOOD

What makes it so comforting, and why you should go for it. See SmartBites on p. 13



DIFFICULT CASES

OB-GYN August A. Bruno specializes in advanced pelvic organ prolapse and pelvic reconstructive surgery: "I handle some of the cases that aren't handled by other OB/GYNs in the community" P. 4.



RESOLUTIONS

Experts discuss why we make (and break) new year's resolutions. "You have to set realistic goals," says a local mental health counselor. P.9



Tabata Training: Short Workout, Big Results

Sean Felton professional MMA fighter and trainer at WNY Mixed Martial Arts & Fitness in Buffalo. "I get a much better workout," he says about Tabata training

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