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Jason Shea is a body composition specialist, strength coach, entrepreneur, and speaker on many health and wellness topics. Along with these roles he is also an adjunct

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Jason Detamore is the football coach. for the Balderson, Melissa Bosby, Shea Curry, Ken Detamore@co.chelan.wa.us, Jason Detamore Jason.Krawczyk@

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With over 16 years of experience, Jason Shea is the owner of APECS (www.apec-s.com) and CrossFit Tri-Valley (www.crossfit-trivalley.com) Jason has earned the

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