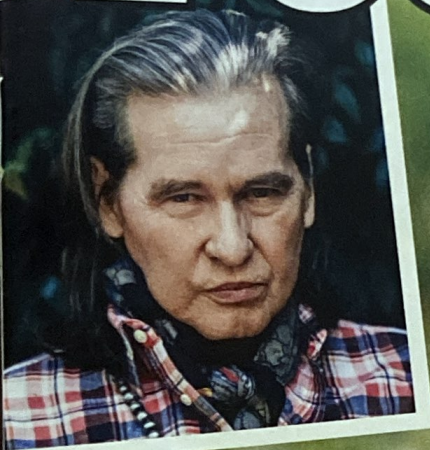


SUMMER 2022

# People

HEALTH



**PLUS!**  
VAL KILMER ON  
SURVIVING THROAT CANCER,  
SHERRI SHEPHERD'S  
DIABETES JOURNEY,  
AND MORE!

OLYMPIC GOLD MEDALIST  
SHAWN JOHNSON EAST

## 'I DON'T LET ASTHMA LIMIT ME'

The former gymnast  
opens up about her  
struggles and offers hope  
to others learning to live  
with the chronic disease

