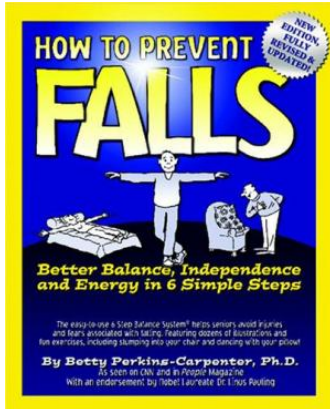


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## HOW TO PREVENT FALLS: BETTER BALANCE, INDEPENDENCE AND ENERGY IN SIX SIMPLE STEPS



Senior Fitness Inc, United States, 2006. Paperback. Book Condition: New. 5th. 226 x 183 mm. Language: English . Brand New Book. The new edition of How To Prevent Falls lays out a common sense, fun approach to improving both fitness and balance in senior citizens through a series of simple exercises. It offers seniors and the people who care for them a hands on and practical guidelines for fall-proofing themselves. Through it s simple descriptions and engaging illustrations by nationally...

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- Authored by Betty Perkins-Carpenter
- Released at 2006



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