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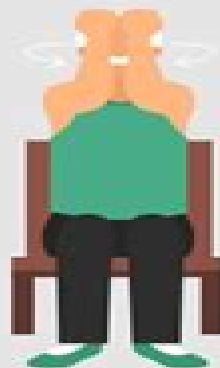
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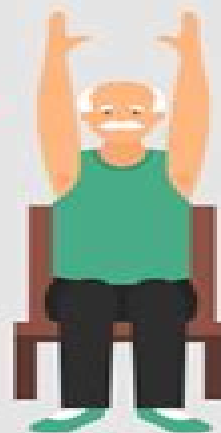
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# Seated Exercise For The Elderly Manual

**L Cohen**



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