

Arrest Ageing

AN EXERCISE PROGRAMME FOR THE OVER 50s TO DELAY THE SIGNS OF AGEING



- *REJUVENATING*
- *PROMOTES GREAT HARMONY WITHIN*
- *SUITABLE FOR MEN AND WOMEN*
- *APPROVED BY PROFESSIONALS IN PE*
- *FULLY ILLUSTRATED*

Rachel Campbell Hayes

Arrest Ageing

Victor M. Corman



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