

How to Avoid FALLING

A GUIDE FOR ACTIVE AGING AND INDEPENDENCE



Eric Fredrikson

Active Aging Avoid Falling Guide Independence

**Deborah W. Frazer, Gregory A.
Hinrichsen, David J. Berghuis**

Active Aging Avoid Falling Guide Independence:

How to Avoid Falling Eric Fredrikson, 2004 A practical non technical guide to minimizing the likelihood of falling Includes taking stock of your health and physical abilities medical conditions and medications risk factors exercises fall proofing a house and getting up after a fall *The Older Adult Psychotherapy Treatment Planner, with DSM-5 Updates, 2nd Edition* Deborah W. Frazer, Gregory A. Hinrichsen, David J. Berghuis, 2014-12-16 This timesaving resource features Treatment plan components for 30 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Older Adult Psychotherapy Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 30 behaviorally based presenting problems including depression unresolved grief life role transition and substance abuse Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners **The Older Adult Psychotherapy Treatment Planner** Deborah W. Frazer, Gregory A. Hinrichsen, David J. Berghuis, 2011-03-29 The Bestselling treatment planning system for mental health professionals The Older Adult Psychotherapy Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 30 behaviorally based presenting problems including depression unresolved grief life role transition and substance abuse Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA [Living a Healthy Life with Chronic Conditions](#)

Kate Lorig, Halsted Holman, David Sobel, 2013-06-01 Focused on relevancy for Canadian readers and completely redesigned for easy reading this new edition of a vital resource is fully updated with the latest research and information on current practice medication legal matters and specific conditions The guide is full of tips suggestions and strategies to deal with chronic illness and symptoms such as fatigue pain shortness of breath disability and depression It encourages readers to develop individual approaches to setting goals making decisions and finding resources and support so that they are able to do the things they want and need Originally based on a five year study conducted at Stanford University this work has grown to include the feedback of medical professionals and people with chronic conditions all over the world Aimed at teaching people become self managers of their own illness the book s one simple goal is to help anyone with a chronic illness to live a productive healthy life

Textbook Of Sports Medicine: Complete Guide To Athletic Health And Performance Prof. Joseph Singh, Dr. Heeralal Yadav, The Textbook of Sports Medicine Complete Guide to Athletic Health and Performance provides a comprehensive overview of how to prevent assess and treat sports related injuries while optimizing athletes physical performance and long term health It covers key areas such as injury mechanisms rehabilitation techniques strength and conditioning principles nutrition biomechanics and the medical management of both acute and chronic conditions Integrating evidence based practices from sports medicine Focuses on prevention assessment and treatment of sports related injuries Covers rehabilitation techniques and strategies for safe return to sport Explains principles of strength and conditioning for performance enhancement Discusses nutrition and diet for optimal athletic health and recovery Examines biomechanics and movement analysis to improve efficiency and reduce injury risk Integrates medical management of both acute and chronic sports conditions Serves as a comprehensive guide for athletes coaches trainers and sports medicine professionals

Routledge Handbook of Cultural Gerontology Julia Twigg, Wendy Martin, 2015-06-12 Later years are changing under the impact of demographic social and cultural shifts No longer confined to the sphere of social welfare they are now studied within a wider cultural framework that encompasses new experiences and new modes of being Drawing on influences from the arts and humanities and deploying diverse methodologies visual literary spatial and theoretical perspectives Cultural Gerontology has brought new aspects of later life into view This major new publication draws together these currents including Theory and Methods Embodiment Identities and Social Relationships Consumption and Leisure and Time and Space Based on specially commissioned chapters by leading international authors the Routledge Handbook of Cultural Gerontology will provide concise authoritative reviews of the key debates and themes shaping this exciting new field

Intergenerational Relations - Contemporary Theories, Studies and Policies Andrzej Klimczuk, 2024-05-22 Intergenerational Relations Contemporary Theories Studies and Policies concentrates on actual discussions around various aspects of interactions that occur between people from different age groups and generations The authors present studies related to four sets of challenges crucial for relationships between children young adults middle aged adults and older adults

These challenges include social and cultural challenges economic and technological challenges environmental challenges and political and legal challenges The volume also addresses issues important for the global national regional and local application and performance of intergenerational solutions projects and programs focused on achieving the United Nations Sustainable Development Goals SDGs The collection includes chapters encompassing research and practical recommendations from various disciplines such as demography economics ethics management gerontology public health pedagogy social work political science and sociology This book is an asset to academic and professional communities interested in theories of intergenerational relationships as well as public services and age related policies Moreover the volume is a useful resource to help students practitioners and people working in government business and nonprofit organizations build positive and harmonious interactions between generations

Balance and Your Body Amanda Sterczyk, 2019-06-06 Falls are the leading cause of injury emergency room visits and hospitalizations for seniors in North America Every 11 seconds an emergency room in the United States sees a senior fall victim Falls can reduce independence and accelerate the need for long term care The good news is that you can reduce the risk of falling with simple exercises that anyone can easily learn This book provides a home based fall prevention workout that doesn't require special equipment sweating or getting down on the floor The exercises improve balance increase muscle and bone strength and liberate joints throughout your body Modifications are provided to make each sequence easier or more challenging With the guidance in this book you can Improve your balance 15 to 30 seconds at a time Learn how to engage more muscles when you sit and stand and Practice good walking mechanics using common household recycling items like empty paper towel tubes The book is divided into three easy to follow sections The Problem The Solution and The Action Plan A dozen foundational exercises are described in detail and accompanied with illustrations The exercises are designed to be tackled one at a time so you can fit them into your daily life at your own leisure By doing so you will increase your strength improve your posture and boost your confidence all vital components in preventing a fall Balance and Your Body is an effort to break the debilitating cycle of the fear of falling Amanda provides guidance for readers based on solid scientific evidence to assist with safe and effective activities that reduce the risk of falls Dr Robert H Wood Director School of Allied Health Boise State University **Balance**

Exercises for Seniors Peggy Twomey, 2025-09-10 Regain confidence in every step safe simple and effective balance exercises designed specifically for seniors Falls are one of the greatest risks older adults face but they don't have to be part of aging With the right exercises you can strengthen your body improve stability and move with more freedom and peace of mind Balance Exercises for Seniors Improve Stability and Prevent Falls is your practical step by step guide to maintaining independence reducing fall risk and staying active at any age Written with seniors in mind this book makes it easy to follow along and build strength coordination and confidence Inside you'll discover Gentle senior friendly balance exercises no complicated equipment required Clear step by step instructions and illustrations to make each exercise safe and easy

Customized routines for different fitness levels so whether you re just starting or already active you ll find exercises that fit your needs Tips for fall prevention and how to make your home a safer space Stretches and strengthening moves to support posture flexibility and mobility Daily routines and progress trackers to keep you motivated and consistent Whether you want to walk with steadier steps keep up with your grandchildren or simply enjoy daily activities without worry this book gives you the tools to protect your independence and improve your quality of life Perfect for seniors caregivers and anyone looking to support safe aging and mobility Take control of your balance and stability today Every step forward is a step toward greater confidence health and freedom

Active Aging Stanley Octavius,2025-05-04 Stay Active Safe and Strong Right from Your Chair As we age simple movements that once felt effortless can become challenging Whether you re noticing stiffness loss of balance or just want to stay independent chair yoga and seated exercises offer a proven way to reclaim your mobility and energy safely and comfortably Active Aging Chair Yoga Seated Exercises for Seniors Over 60 is a gentle low impact guide designed for adults who want to improve flexibility strength and balance without risk of strain or injury Inside this book you ll discover Chair yoga routines for posture flexibility and joint health Seated strength training exercises to build and maintain muscle Fall prevention workouts that target balance and core stability Daily mobility stretches for aging bodies Easy to follow instructions with clear illustrations Bonus Chair yoga chart for quick reference and daily use This book is perfect for Seniors 60 and over looking to stay active from home Beginners seeking safe exercises to maintain independence Caregivers or wellness instructors working with older adults Written by a licensed physical therapist and athletic trainer this program blends evidence based exercises with compassion and simplicity to support your well being and long term mobility Why Chair Yoga and Seated Exercises Chair yoga for seniors is more than just stretching It s a smart accessible way to Improve balance and coordination Reduce stiffness aches and joint pain Prevent falls and increase daily confidence Boost energy focus and mental clarity Whether you re 60 70 or older this book makes it easy to move more hurt less and live better every day Take control of your health today with chair yoga one gentle movement at a time

Staying Strong After 60 Dr Jayasurian Vengilatt, PhD,2025-01-31 Staying Strong After 60 Aging is not the end of vitality it is the start of a transformative journey In Staying Strong After 60 Boost Flexibility Enhance Strength Improve Balance and Regain Confidence for Active Aging the author offers a comprehensive guide to help seniors thrive reclaim independence and enjoy an active fulfilling life Packed with actionable strategies and motivational insights this book serves as a roadmap for embracing life beyond 60 with confidence and energy Introduction Embracing the Possibilities of Aging Aging brings challenges slower reflexes reduced mobility and fear of falling but these obstacles can be reframed as opportunities for growth The introduction highlights the importance of taking control of physical and mental well being to regain confidence enhance daily functioning and cultivate joy By maintaining an active lifestyle seniors unlock mental clarity emotional resilience and a deeper appreciation for life Understanding Aging and Overcoming Its Challenges The book delves into the biological changes that occur as we age from

muscle loss to diminished balance It explains why these changes happen and provides practical ways to counteract them For example the section on the 13 reasons why balance deteriorates such as chronic conditions or footwear choices pairs relatable anecdotes with actionable solutions empowering readers to understand and tackle aging related challenges Building Strength Flexibility and Balance The core of the book focuses on rebuilding the three pillars of active aging Flexibility Restorative stretches and mobility exercises reduce stiffness improve posture and ease daily movements Strength Resistance exercises tailored to all fitness levels help rebuild muscle and restore vitality with inspiring stories of seniors reclaiming independence Balance Targeted stability exercises and core strengthening routines reduce the risk of falls and improve confidence in navigating everyday tasks Through step by step guidance readers are equipped with tools to take charge of their physical health Reclaiming Confidence and Independence Fear of falling or injury often limits seniors activities This book addresses these fears by blending mental and physical exercises to rebuild confidence Strategies like cultivating a growth mindset and focusing on small measurable improvements inspire optimism and resilience empowering readers to explore life s possibilities without hesitation Sustaining Strength with Practical Solutions Consistency is the cornerstone of lasting health The book offers practical tips for sustaining strength and well being including Nutrition Recommendations for muscle supporting foods and supplements Routines Easy to implement daily exercises Environment Creating safe senior friendly spaces without compromising comfort Staying Motivated and Engaged Maintaining motivation is key to staying strong The book emphasizes Social Connections Joining fitness groups and engaging with supportive communities Goal Setting Celebrating progress to sustain enthusiasm Professional Support Guidance on seeking expert advice for a safe and effective fitness journey Conclusion Thriving Beyond 60 Aging is an opportunity to rediscover vitality and joy With small consistent efforts seniors can transform their physical health mental resilience and quality of life The book concludes with a call to action urging readers to begin their journey today and embrace aging with strength grace and optimism Complete with bonus resources Staying Strong After 60 is not just a guide it s a companion for thriving in this vibrant stage of life

Flexibility and Balance for Seniors Paul Fyneface,2024-05-24 Are you or a loved one concerned about maintaining mobility and independence as you age Do you want to stay active prevent falls and enjoy life to the fullest Discover the key to a healthier more vibrant life with our comprehensive guide Flexibility and Balance for Seniors This essential resource is designed specifically for seniors offering simple holistic techniques to enhance your flexibility and balance ensuring you can live independently and confidently Flexibility and Balance for Seniors delves deep into the critical aspects of aging focusing on two vital components of physical health flexibility and balance As we age maintaining these abilities becomes crucial for preventing falls reducing injuries and enhancing overall well being Our book begins by explaining the importance of flexibility and balance in aging providing a solid foundation of knowledge to understand how these factors impact your daily life You ll explore the nuances of flexibility including the benefits it offers and the common

age related issues that can affect it Through detailed assessments and tests you ll be able to gauge your current level of flexibility and track your progress over time The book offers practical advice on improving flexibility with targeted stretching techniques and exercises tailored to different parts of the body Our flexibility training programs are designed with seniors in mind ensuring safety and effectiveness Balance is another critical area addressed in this book Understanding balance and how to improve it can significantly reduce the risk of falls and enhance your confidence in daily activities You ll learn balance exercises for various body systems and discover comprehensive training programs that cater to seniors unique needs Safety tips and effective balance training strategies are provided to ensure you can practice these exercises confidently and comfortably Integrating flexibility and balance into your routine is made simple with our holistic approach You ll find strategies for maintaining these abilities over time overcoming common challenges and dealing with the fear of falling Addressing pain and discomfort is also covered offering practical solutions to help you stay on track Lifestyle factors play a significant role in flexibility and balance and our book doesn t overlook this You ll gain insights into nutrition and hydration tips the importance of sleep for recovery and stress management techniques We also explore other lifestyle factors that impact flexibility and balance providing a well rounded approach to your health and well being Flexibility and Balance for Seniors is more than just a guide it s a companion on your journey to maintaining independence and living a fulfilling life Filled with real life success stories and inspirational messages this book offers lessons learned and motivational insights to keep you motivated and engaged Whether you re a senior looking to improve your physical health a caregiver seeking practical advice for a loved one or a fitness professional working with older adults this book is an invaluable resource Order your copy today and take the first step towards a more flexible balanced and independent life Embrace the techniques and strategies in this book to unlock a future of vitality and confidence

Resistance Band Training for Seniors Kace

Liam,2025-11-17 Are you or a loved one looking for a safe simple and effective way to stay active as you age Resistance Band Training for Seniors offers a practical and empowering approach to fitness that requires no gym no complex equipment and no prior experience With just a resistance band and a few minutes a day seniors can regain strength improve mobility and enhance their quality of life right at home Aging doesn t mean slowing down it means finding smarter ways to care for your body Resistance bands provide gentle low impact resistance that strengthens muscles protects joints and supports balance without strain or intimidation Inside this book readers will find Step by step instructions for safe senior friendly exercises Full body routines tailored for flexibility balance and strength Clear guidance on how to choose and use resistance bands Warm up and cool down sequences to protect the joints Tips for improving posture mobility and daily movement Modifications for individuals with limited strength or mobility Progression plans that help track improvement over time Every exercise is explained in simple language with older adults in mind making the program easy to start and enjoyable to maintain Imagine feeling stronger when getting out of a chair Imagine walking with more confidence climbing stairs with

ease or carrying groceries without strain Imagine reducing aches improving balance and maintaining independence as you age This book helps seniors experience Increased strength in the arms legs back and core Better flexibility and range of motion Greater balance and reduced risk of falls Improved coordination and posture Enhanced energy and confidence in daily activities A renewed sense of control over their health and mobility Resistance Band Training for Seniors proves that aging actively is not only possible but enjoyable Whether you re a senior ready to start an exercise routine a caregiver supporting an older adult or a health professional seeking safe training options this guide gives you everything needed for success Take the first step toward strength independence and longevity Begin your journey today with Resistance Band Training for Seniors A Step by Step Guide to Active Aging *Steady and Strong* Elwood Bainbridge, 2025-11-15 Regain your balance Reclaim your confidence Restore your independence one gentle step at a time If you ve ever felt unsteady on your feet anxious about falling or frustrated by a loss of strength and mobility *Steady and Strong The 28 Day Fall Prevention Plan for Seniors to Regain Balance Confidence and Independence* is the safe supportive and life changing program you ve been waiting for This beautifully structured easy to follow guide takes you on a transformative 28 day journey designed specifically for seniors and older adults who want to move better feel stronger and live with renewed assurance in every step Through a perfect blend of chair based and standing routines this book delivers practical effective and scientifically grounded exercises that improve balance flexibility posture coordination and overall stability all from the comfort of your home Unlike complicated workout manuals or generic fitness guides *Steady and Strong* offers a friendly human centered approach that meets you exactly where you are Each chapter builds naturally on the last weaving clear explanations expert insights and motivational coaching into a program that truly feels like having a caring personal trainer and physiotherapist by your side Inside this easy to understand empowering guide you ll discover A complete 28 day action plan simple daily routines that strengthen your legs hips and core while improving your balance and coordination Chair and standing exercises adaptable for every ability level whether you re recovering from a fall managing stiffness or starting fresh after years of inactivity Posture and gait retraining techniques to help you stand taller move safely and walk with confidence again Home safety tips and mindful movement strategies that protect you from falls and create a safer more supportive environment Encouraging tone and step by step guidance making each movement easy to follow motivating and rewarding Science backed fall prevention insights simplified into actionable advice that anyone can apply immediately Every page of *Steady and Strong* is written with warmth clarity and compassion free from jargon and pressure The book s conversational tone and supportive structure make it feel less like a manual and more like a trusted companion guiding you back to a life of ease and confidence Whether you re 60 70 80 or beyond this program will help you Rebuild your stability and strength without strain Move with grace awareness and control Reduce your fear of falling while increasing freedom in daily life Feel younger lighter and more capable every single day By the end of the 28 days you ll not only notice visible physical improvements you ll feel different

inside calmer surer and more connected to your body's natural rhythm This is more than a fitness plan it's a pathway to reclaiming the independence and vitality you deserve You don't have to accept frailty as part of aging You can stay active mobile and confident at any age Let Steady and Strong be your trusted guide to a safer stronger and steadier life one step one breath one day at a time Keep Skipping! Marian F. Perillo PT,2024-12-10 Get out of that I'm too old for this mindset and start reclaiming your mobility with this special guide to incorporating small microburst movements into your day for better physical and mental health Challenge your attitude about aging and rediscover the joy of movement in Keep Skipping This book invites you to revisit the developmental floor and locomotor movements such as jumping hopping and skipping and interweave regular micro movements into your day Written by Marian F Perillo a physical therapist with more than 40 years of experience working with all ages from pediatrics to geriatrics Keep Skipping offers practical strategies and recommendations for embedding meaningful movements into your routine to improve your mood and reduce inertia to develop a more active lifestyle Perillo shares stories of working with former patients at various mobility levels and attitudes that affect one's outcome In addition given her experience working with children she discovered that skipping and the use of a mini trampoline positively affected her own mental and physical health Keep Skipping is specially designed for people in mid life who live a sedentary lifestyle and need the motivation to begin with the basics Use this book to increase your awareness of the activities you have started to avoid with information on important tests that look at mobility getting up from the floor or a chair walking speed and climbing steps This book is a launchpad to fine tune your approach to any exercise framework Independence for Life: The Complete Guide to Building Strength, Improving Flexibility and Regaining Mobility Beyond 50 WILL. HARLOW,2026-02-24 **Balance and Mobility Training for Seniors** Willie P Harris,2023-12-11 Imagine a life for yourself or your loved ones where age doesn't dictate ability Where every step is confident and every movement a celebration of freedom Are you worried about the risks of falls and declining mobility as you or your loved ones age Do you wish for a guide that not only understands these fears but offers practical life changing solutions Balance and Mobility Training for Seniors is more than just a book it's a journey towards empowerment and independence Through expert guidance this book unfolds the secrets to a safer more active and fulfilling life for seniors Discover the 10 Life Altering Benefits Enhanced Balance Learn techniques to significantly improve balance reducing the risk of falls Increased Mobility Unlock exercises that boost mobility granting freedom to enjoy daily activities Improved Strength Witness a transformation in overall strength leading to a more active lifestyle Boosted Confidence Gain confidence in moving independently reducing reliance on others Injury Prevention Learn about preventive measures to avoid common age related injuries Mental Health Benefits Understand how physical activity can also uplift mental well being Customized Routines Discover adaptable exercises suited for varying levels of fitness and health Practical Safety Tips Equip yourself with essential safety tips for a worry free routine Nutritional Guidance Find valuable advice on nutrition to complement your fitness journey

Community and Social Interaction Learn how staying active can open doors to new social opportunities Key Goals of This Book Empower seniors to live independently Provide caregivers with effective tools for support Offer comprehensive easy to follow fitness regimes Educate on the importance of physical health in aging In these pages you ll find not just exercises but stories of real people who transformed their lives through balance and mobility training But that s not all we delve into the often overlooked emotional aspect of aging and how conquering physical challenges can lead to profound joy and a renewed zest for life Addressing Your Concerns You might think Is this suitable for me or my loved one Rest assured the programs in this book are designed for varying abilities and can be tailored to individual needs Safety and simplicity are our top priorities making this journey accessible to all The Perfect Gift of Health and Independence Balance and Mobility Training for Seniors is not just a purchase it s an investment in quality of life It s the perfect gift for parents grandparents or any loved one who deserves to age with grace and vitality Take the First Step Don t let another day pass in uncertainty and restriction Embrace the opportunity to transform lives Grab your copy today and step into a world of potential promise and profound well being

Functional Home Exercises for Seniors: A Science-Based Approach Veer Mich, *Functional Home Exercises for Seniors* A Science Based Approach is an effective guide for older adults looking to enhance their physical health and independence through safe effective and low impact exercises Designed specifically for seniors this ebook offers a comprehensive step by step approach to functional exercise that improves strength balance flexibility and overall mobility Whether you re looking to boost strength enhance your balance to prevent falls or improve your daily function this science backed resource provides you with practical routines that can be done from the comfort of your home The exercises in this ebook are based on the latest evidence based research ensuring that they re not only effective but also safe for older adults This ebook is perfect for active aging seniors caregivers and fitness professionals who are focused on promoting independent living through functional exercises Low impact workouts tailored to meet the needs of seniors including modifications for those with chronic conditions like arthritis diabetes and cardiovascular issues make this a versatile and inclusive guide *Functional Home Exercises for Seniors* includes Strength training exercises for maintaining muscle mass and bone health Balance and coordination workouts that prevent falls and improve stability Flexibility and mobility routines to improve joint range of motion and reduce stiffness Endurance activities to build cardiovascular health with low impact options A structured weekly exercise plan designed to fit into a busy lifestyle and help you stay consistent With step by step instructions motivational success stories and expert tips this ebook will help you take control of your health and fitness at any age Whether you re just starting out or looking to refine your existing routine you ll find actionable advice that s grounded in science and tailored for the needs of seniors It s time to embrace an active lifestyle enhance your quality of life and improve your functional fitness for a stronger more independent future **Balance And Core Workouts For Seniors Over 60** THOMPSON.

CLARK,2025-02-12 Are you struggling with balance issues chronic pain or a loss of strength Do you want to regain

confidence in your movements and prevent falls This essential guide provides simple safe and effective exercises to help seniors over 60 improve stability posture and core strength all from the comfort of home Written by Dr Thompson Clark a leading expert in senior fitness this book offers a step by step approach to enhancing mobility and reducing discomfort through targeted balance and core workouts Inside you ll discover Easy to follow exercises designed specifically for seniors Core strengthening routines to support posture and stability Breathing techniques for relaxation and improved coordination Essential tips to prevent falls and stay active with confidence Imagine walking with ease moving without pain and performing daily activities without fear of losing your balance With real life success stories and expert advice this book empowers seniors to build strength regain independence and enjoy an active lifestyle at any age Don t let age or mobility challenges hold you back Start your journey to strength and stability today with this masterpiece **Made to Move** Joseph Wegley,2019-03-26

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