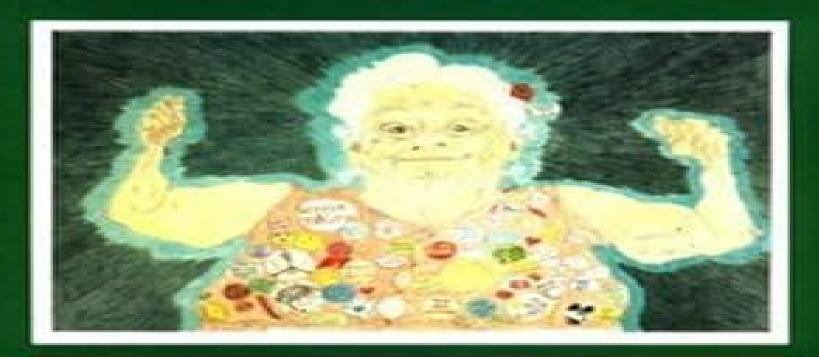
# REACH FOR IT

A Handbook of Health, Exercise and Dance Activities for Older Adults



David E. Corbin and Josie Metal-Corbin

# Reach For It A Handbook Of Health Exercise And Dance For Older Adults

**David Kirk** 

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