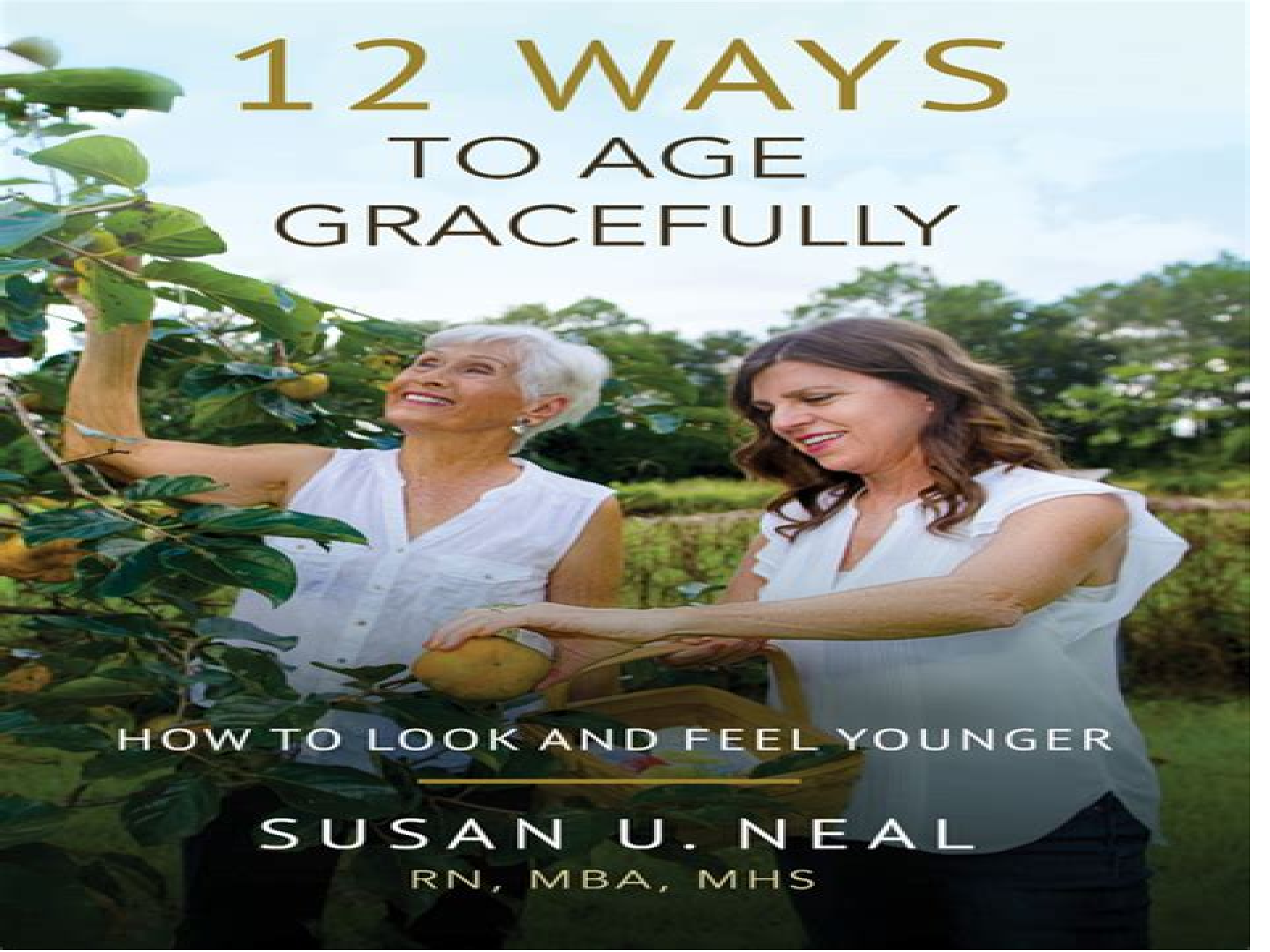


A photograph of two women in a vineyard. An older woman with short white hair, wearing a white sleeveless top, is reaching up to pick a fruit from a vine. A younger woman with long brown hair, also in a white sleeveless top, is holding a fruit and looking down at it. They are both smiling. The background shows green foliage and a clear sky.

12 WAYS TO AGE GRACEFULLY

HOW TO LOOK AND FEEL YOUNGER

SUSAN U. NEAL
RN, MBA, MHS

Look And Feel Younger At Any Age

Annelies Wilder-Smith



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