

The Fun Of Fitness: A Handbook For The Senior Class By Betty Perkins-Carpenter

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rsvp offers falls prevention classes beginning - Betty Perkins-Carpenter, Senior Fitness Participants will learn activities that are fun Class size is limited and a fee is charged to cover class

issuu - roc55#34 july aug15 by local news inc - 55 PLUS 49 last page By Mike Costanza Betty Perkins-Carpenter Eighty-four-year of Senior Fitness contact Perkins-Carpenter about the

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