

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

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How to prevent falls

happenings going on here at Senior Fitness, Inc. Hope you some fun and communicate Fitness, Inc.) Dr. Betty Perkins Carpenter

6 steps to better balance class begins april 2 |

6 Steps to Better Balance class was developed by Betty Perkins-Carpenter, Ph.D., of Senior Fitness Perkins-Orefice, B.A., Senior Fitness

About us | fall prevention trainer

Trained by Dr. Betty Perkins-Carpenter, fitness and health care professionals and older adults in this fun and easy system proven to Senior Fitness, Inc.

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By Betty Perkins-Carpenter, Ph.D. (Senior Fitness and mobility perform fun balance exercises which improve from Betty Perkins-Carpenter is a

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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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How our balance system works | how to prevent

Book that has a truly amazing "Balance System" which is a series of fun, Betty Perkins-Carpenter Fax: 585-385-9581 Email: bpc@senior-fitness.com. Contact

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