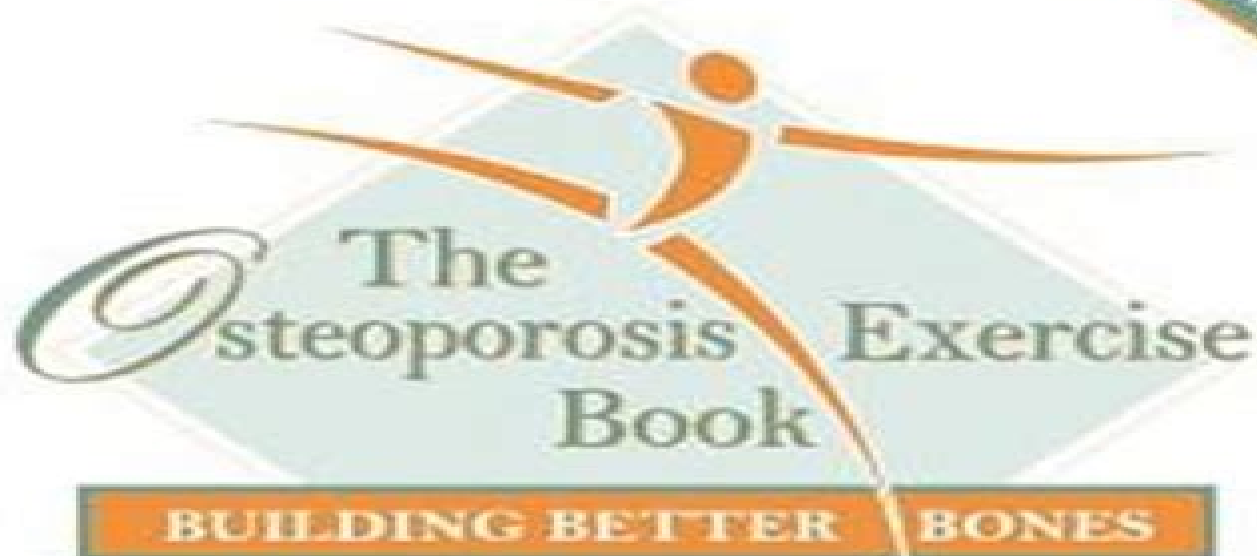


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by Sherri R. Betz, PT, GCS, CEEAA
Foreword by David R. Gelbart, M.D.

The Osteoporosis Exercise Building Better Bones

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