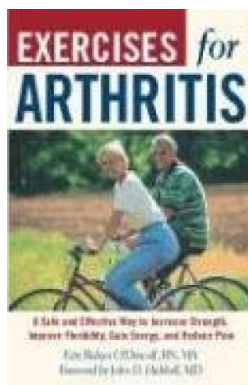


## Exercises For Arthritis: A Safe And Effective Way To Increase Strength, Improve Flexibility, Gain Energy, And Reduce Pain



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