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| **Compañía** |  |  | **Fecha** |  |  | Lugar |  |

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| **BREVE DESCRIPCIÓN DE LOS TEMAS TRATADOS** |
| Realización de actividad física, orientada a que las personas recuperen energías, para un desempeño eficiente de trabajo, a través de ejercicios, revirtiendo de esta manera el cansancio mental. |

| **#** | **Nombre** | **MES:** | | | | | | | | | | | | | | | | | | | | | |
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| FIRMA |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | |