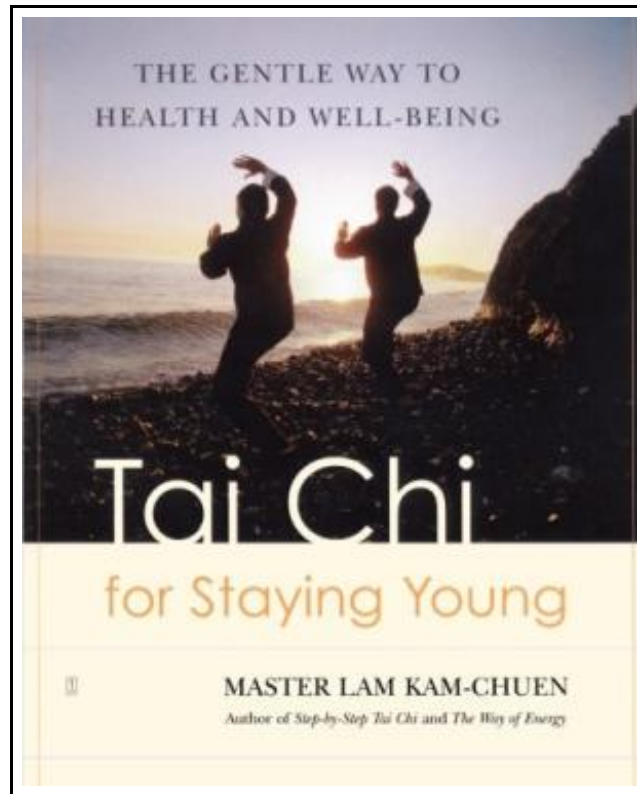


## Tai Chi for Staying Young: The Gentle Way to Health and Well-Being



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