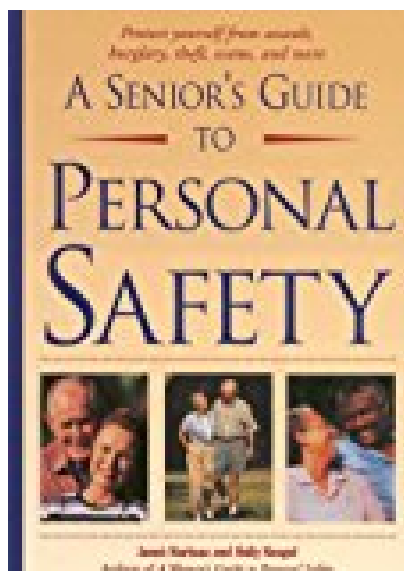


# A Seniors Guide to Personal Safety

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## BOOK DETAILS

- Author : Jane Harteau
- Pages : 192 Pages
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## BOOK SYNOPSIS

"Wayne Westcott and Tom Baechle, two internationally recognized weight training experts, have written this research-based guide for instructors at health clubs, YMCAs, community centers, nursing homes, retirement communities, and other organizations who want to help older adults reap the diverse, far-reaching benefits of strength training."--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

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