



Feel Young as You Get Older: How to Reverse the Hands of Time and Never Set Foot in a Retirement Home

Tom Kelleher

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It's never too late to start your journey. Through the experiences of others you will learn a step-by-step program designed to get you out of pain by improving your balance and range of motion, so that you can get back to the activities that you love. Our ultimate goal is to have you living happily in your home enjoying an active pain-free lifestyle until the end of your life. This process uses a mix of simple exercises you can do at home and in the water that have been proven to work with hundreds of clients over three decades. Start your journey now accelerating the healing process and getting back to the things you love

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