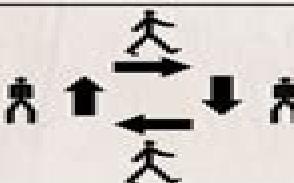


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	<p>March in place</p>
	<p>Side step</p>
	<p>4 steps forward, 4 steps back</p>
	<p>Side step x 2</p>
	<p>Big step forward, side step, big step back, side step</p> <p>Do for 30 seconds then change lead leg</p>

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Olive McHenry

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Burke, Joy A. Laramie, 2000 Multidisciplinary in its presentation Primary Care for the Older Adult is written for professionals
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