



Mayo Clinic On Healthy Aging: Answers to Help You Make the Most of the Rest of Your Life (Mayo Clinic on Series)

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Mayo Clinic, Rochester, MN. Consumer guide covers how to approach the aging process, how to deal with changes in the body, how to exercise safely, how to maintain a positive attitude, how to manage finances, how to secure high-quality health care, how to stay connected to family and friends, how to know when to ask for help, and more. Softcover.

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