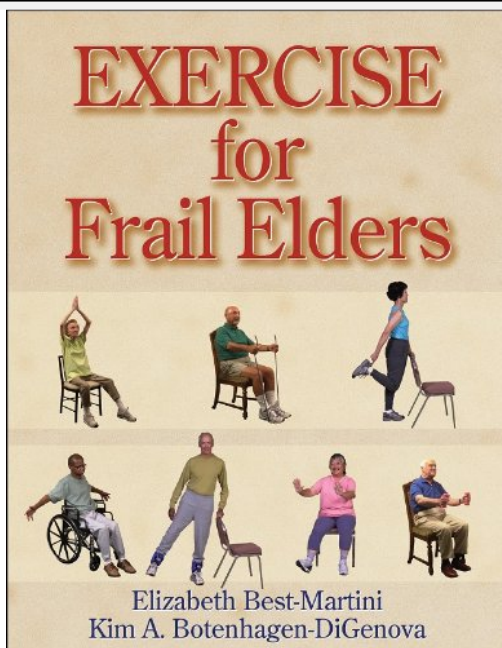

PDF Exercise for Frail Elders - eBooks Textbooks



Book Details

- New
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Book Synopsis

This training guide aims to prescribe an exercise programme as part of a general functioning, wellness and/or rehabilitation programme for frail elders and adults with special needs. It also offers advice on how to assess individual needs and develop good leadership skills in exercise classes.
