



Plan de accion contra la Artritis / Action Plan Against Arthritis (Alfaomega) (Spanish Edition)

Lynn Millar

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¡Controla tu artritis! Reduce los síntomas y mantén tus articulaciones en movimiento con PLAN DE ACCIÓN CONTRA LA ARTRITIS. Esta guía te ayudará a determinar tanto el tipo como el alcance del ejercicio que te permitirá contrarrestar el dolor, las limitaciones y el coste asociado a esta enfermedad. Desarrollado con la cooperación

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