

The Joy of Aging

B P O S H K T N F I Q U L T B E T
T L I O Z U G Y A M A S S A G E S
R A D S S D C L I N E A E Q M N U
N E T M E D I T A T I O N B B Z Y
F R E F L E X O L O G Y F V N L M
I L L J M T A I C H I W N M S I W
F H A V O A I M U Z C W Z V G T O
E M U H R T E V B V G S T K T E S
F F G E E H C R R U S W P T Y R P
I K H A T E C H N I Q U E S X A E
N D T L V R Y R E G C V C M Z C E
A A E T P A E C J K J D L M E Y C
N N R H D P L N C N S T D J F E B
C C B Y U Y O M X C G F V T T E S
I I E B F P Y U A S X E B J S A A
A N C T G H L C P G B O G E S T W
L G R P F S O H U M D K O I N I D

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