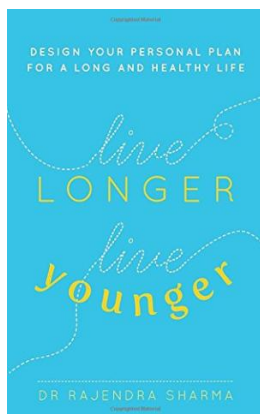


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LIVE LONGER, LIVE YOUNGER: THE 10-STEP PROGRAMME TO HEALTHY AGEING



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