

Gentle Chair Exercise Word Search for Seniors

9 x 9 word search - Medium



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

WORDS

CHAIR

EXERCISE

STRETCH

BALANCE

MOBILITY

STRENGTH

ARMS

LEGS

CORE

POSTURE

BREATHE

RELAX

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RELAX