

Gentle Chair Exercise Word Search for Seniors

9 x 9 word search - Medium



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

WORDS

CHAIR

EXERCISE

STRETCH

BALANCE

STRENGTH

MOVEMENT

ARMS

LEGS

CORE

POSTURE

RELAX

BREATHE

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