



Aging in Stride: Plan Ahead Stay Connected Keep Moving

Christine Himes, Elizabeth N. Oettinger, Dennis E. Kenny

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Aging in Stride is a practical, easy-to-understand guide to the broad range of issues associated with successful aging and effective eldercare. Organized into 45 separate issue discussions, each followed by a list of additional resources, plus a collection of 26 forms to help gather and organize information and plan for the future. Issues range from diet and exercise, to Medicaid/Medicare, to legal and financial.

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