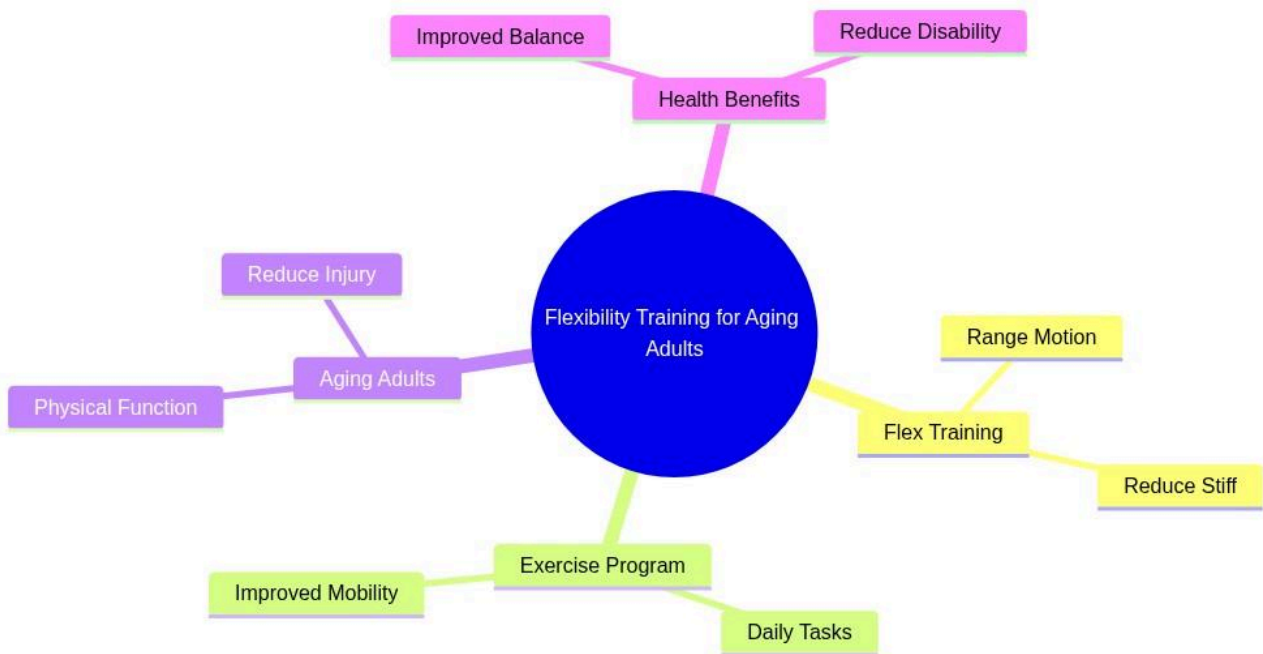


Professional Certificate in Mobility Exercises for Aging Adults

Flexibility Training for Aging Adults



mindmap

```

root((Flexibility Training for Aging Adults))
  Flex Training
    Range Motion
    Reduce Stiff
  Exercise Program
    Daily Tasks
    Improved Mobility
  Aging Adults
    Physical Function
    Reduce Injury
  Health Benefits
    Improved Balance
    Reduce Disability
    
```