

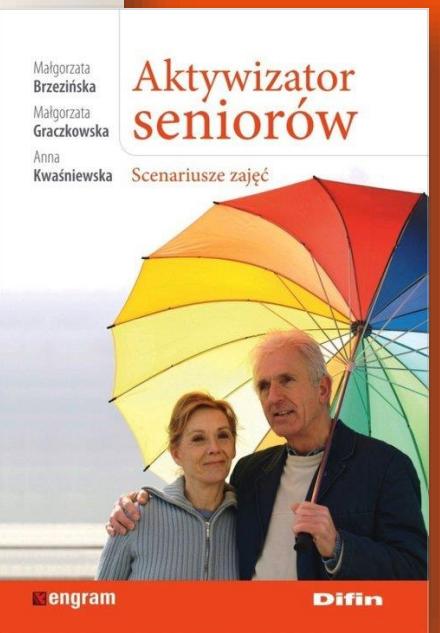
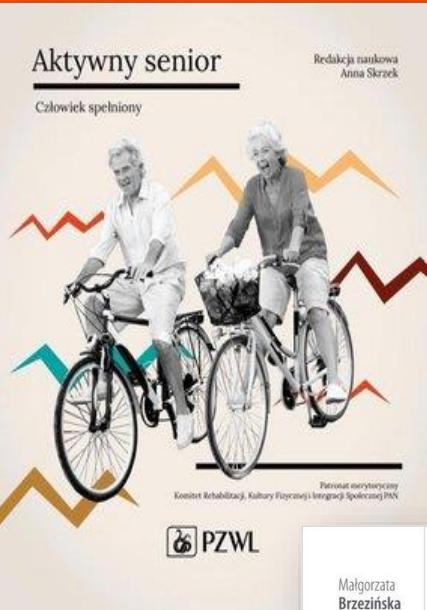


Aktywni +

Wybór literatury

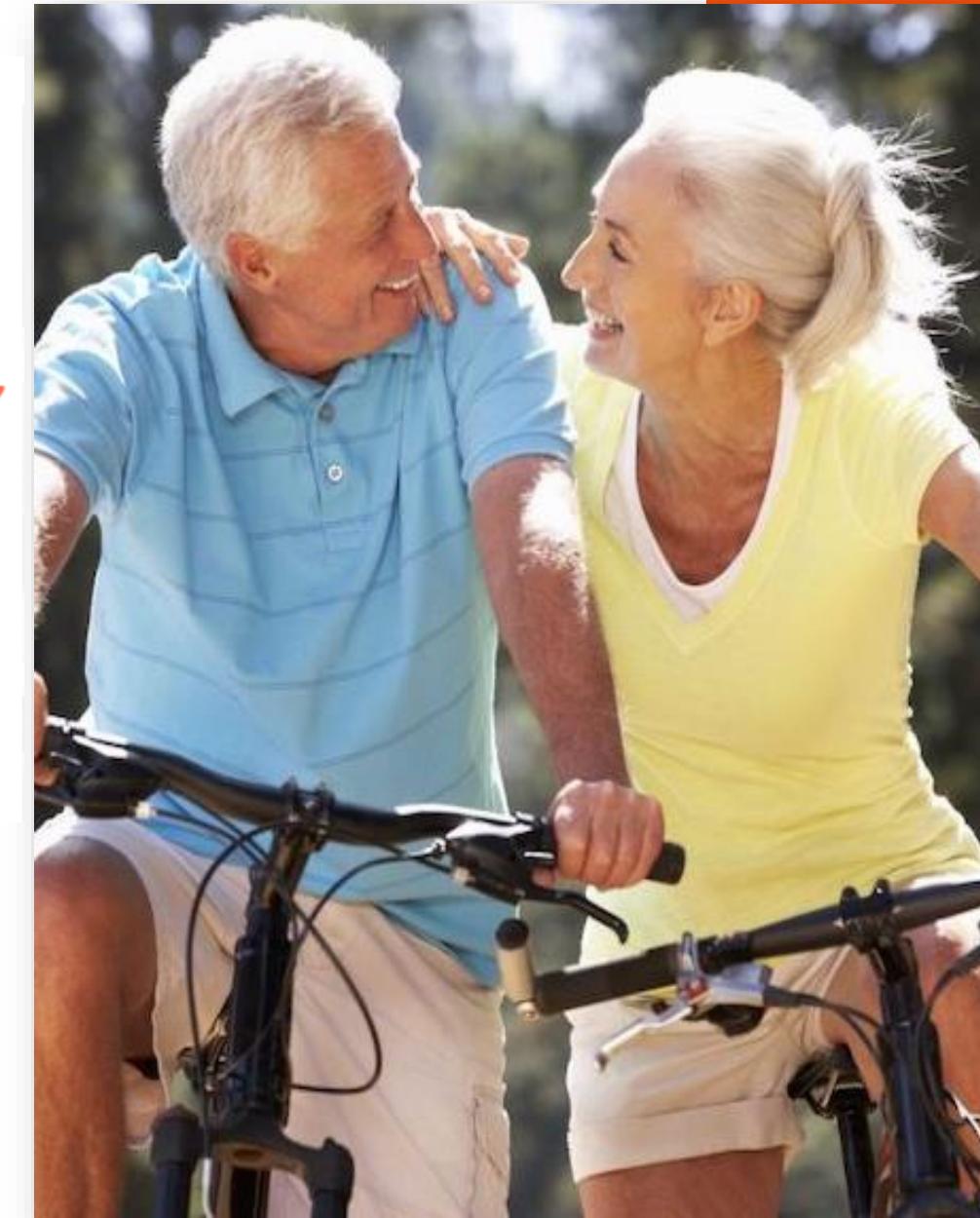


<https://opac.pbw.org.pl/integro/852901500588/ksiazka/aktywny-senior?bibFilter=87&bIB=87>



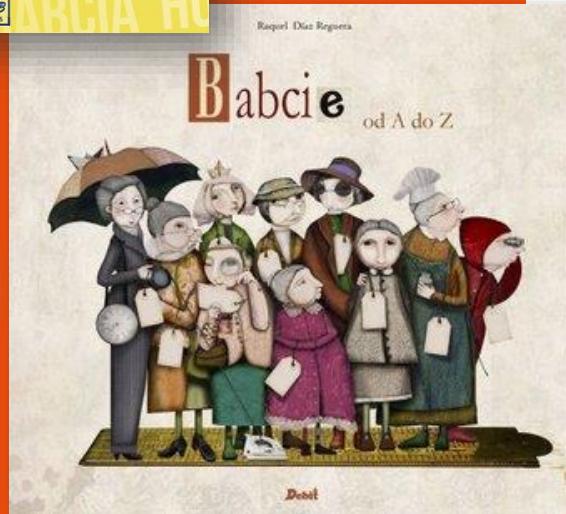
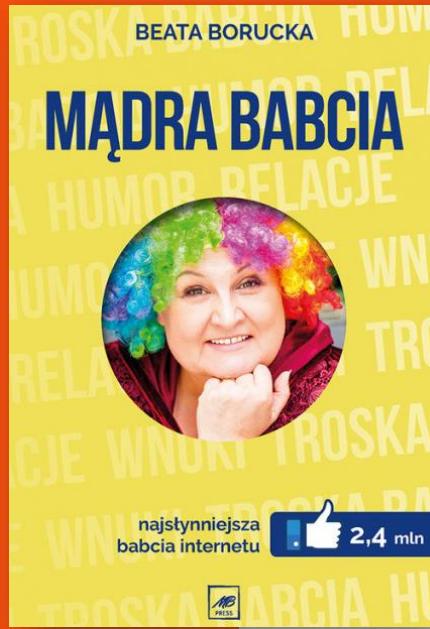

*Aktywny
Senior*

*Wybór
Literatury*



<https://opac.pbw.org.pl/integro/852601322529/brzezinska-malgorzata/aktywizator-seniorow?bibFilter=87&bIB=87>

<https://opac.pbw.org.pl/integro/853001544082/borucka-beata/madra-babcia?bibFilter=87&bIB=87>



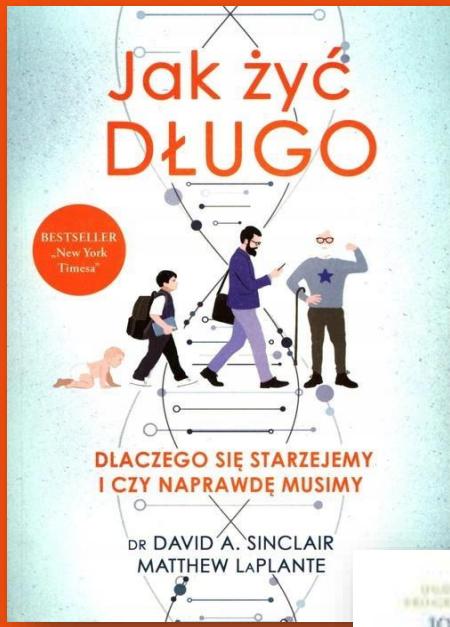
Aktywny Senior

Wybór Literatury



<https://opac.pbw.org.pl/integro/853101626808/diaz-reguera-raquel/babcie-od-a-do-z?bibFilter=87&bIB=87>

<https://opac.pbw.org.pl/integro/853201762534/ksiazka/jak-zyc-dlugo?bibFilter=87&bIB=87>

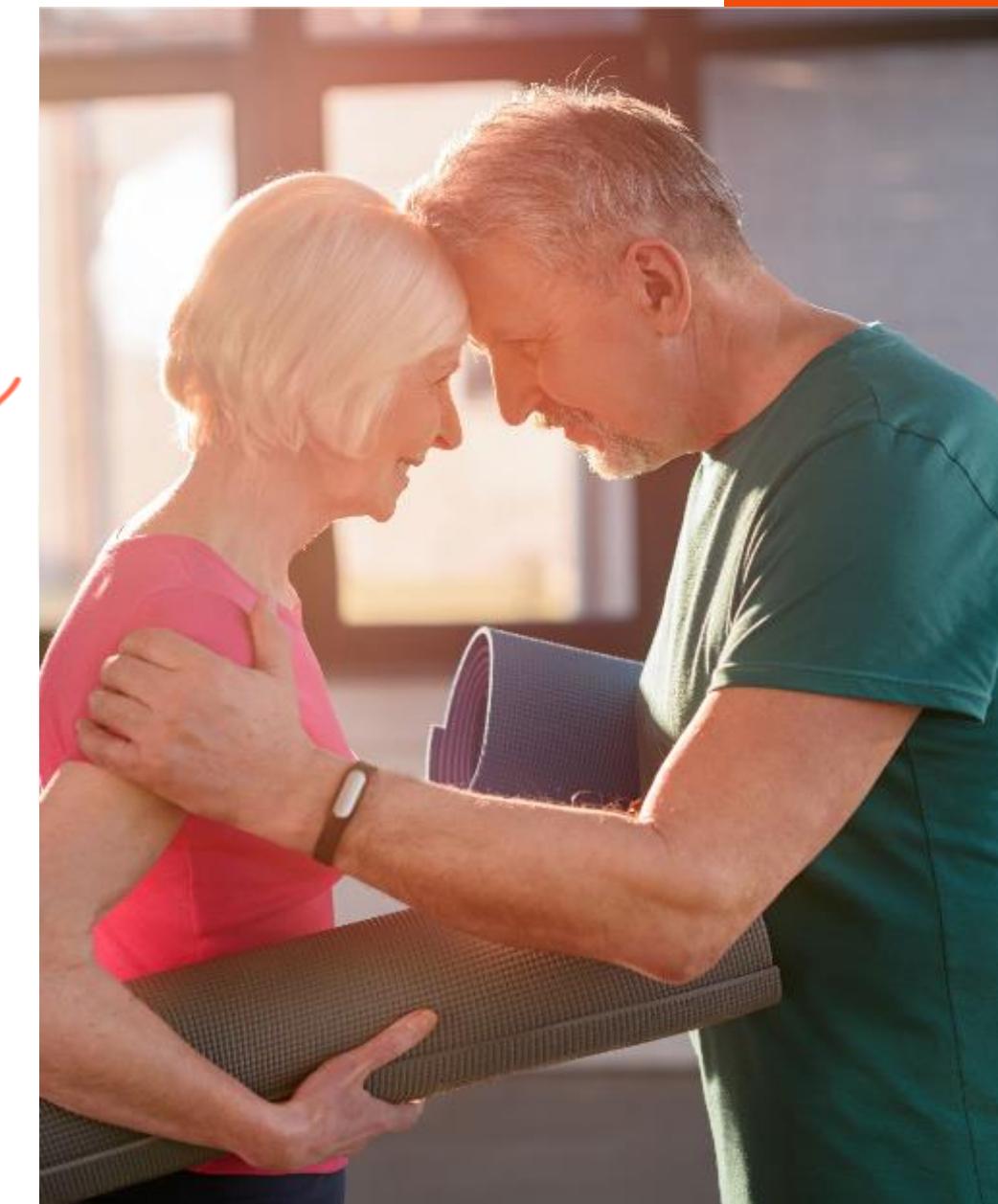
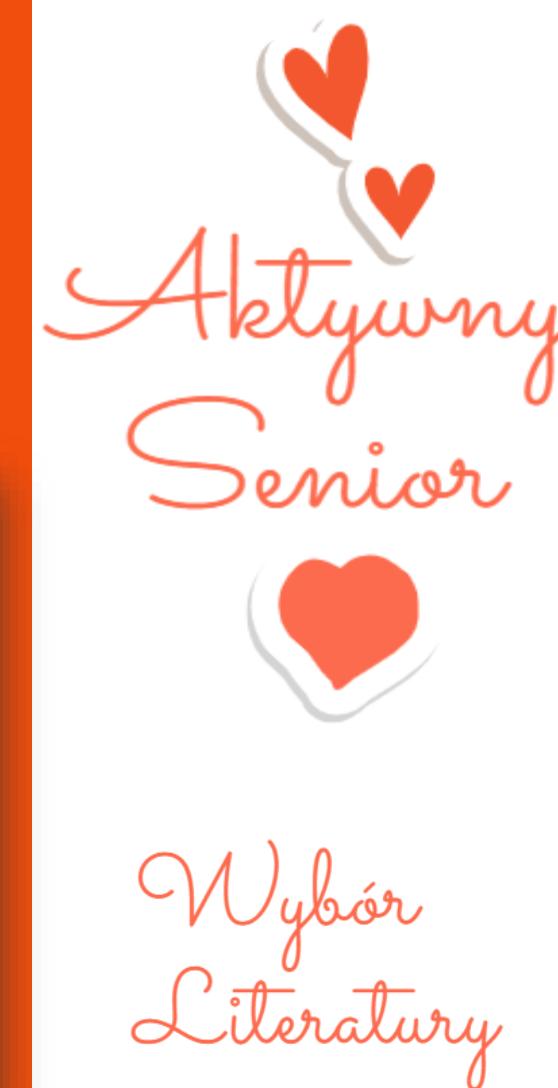
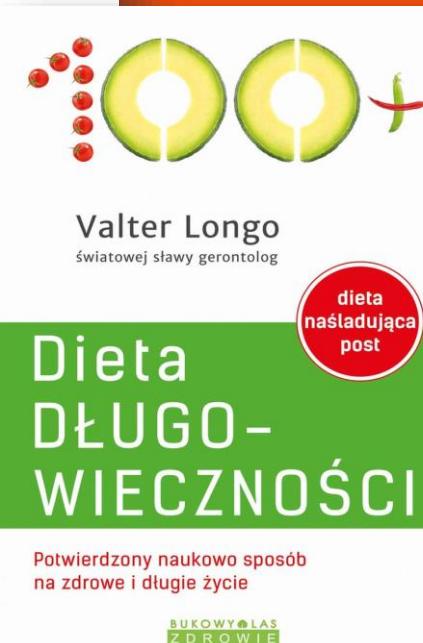


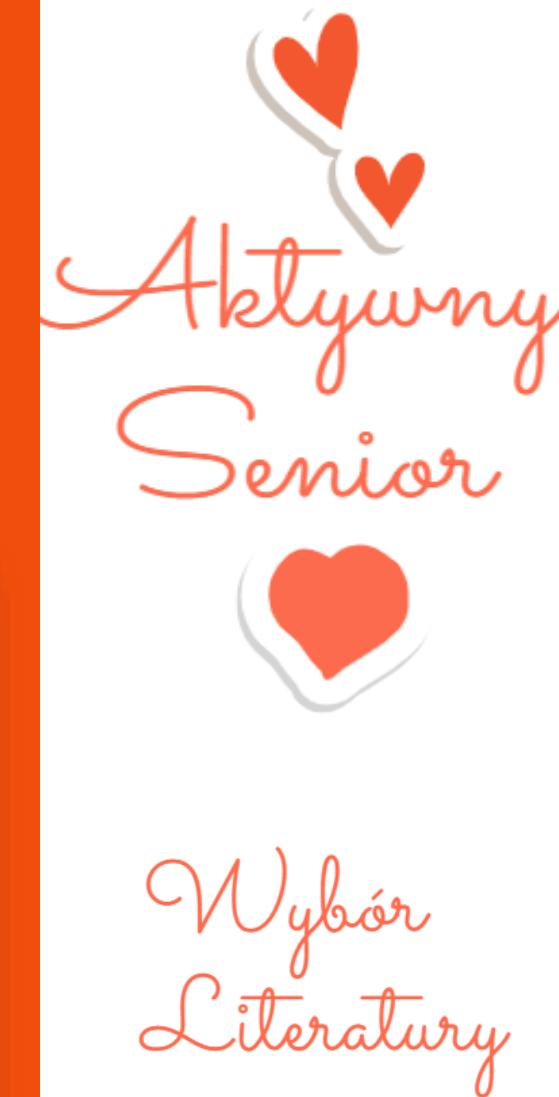
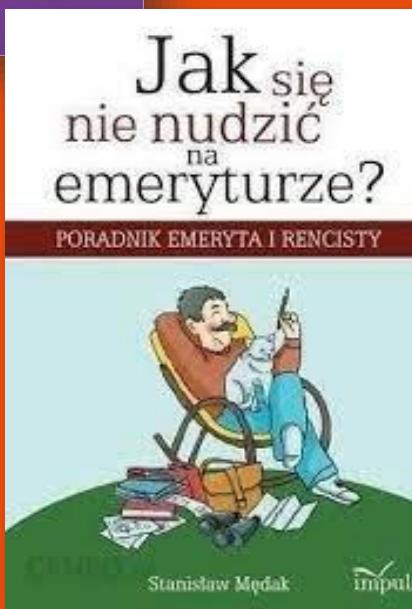
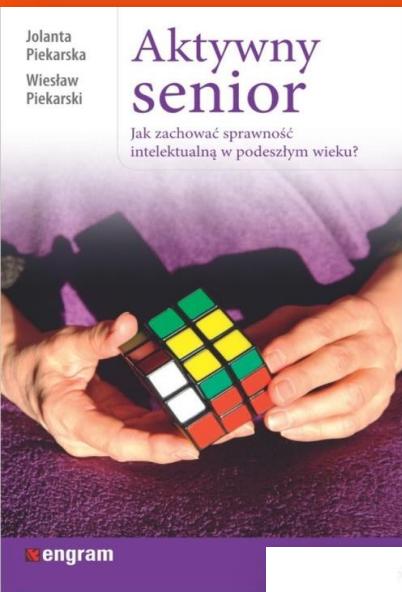
Aktywny Senior

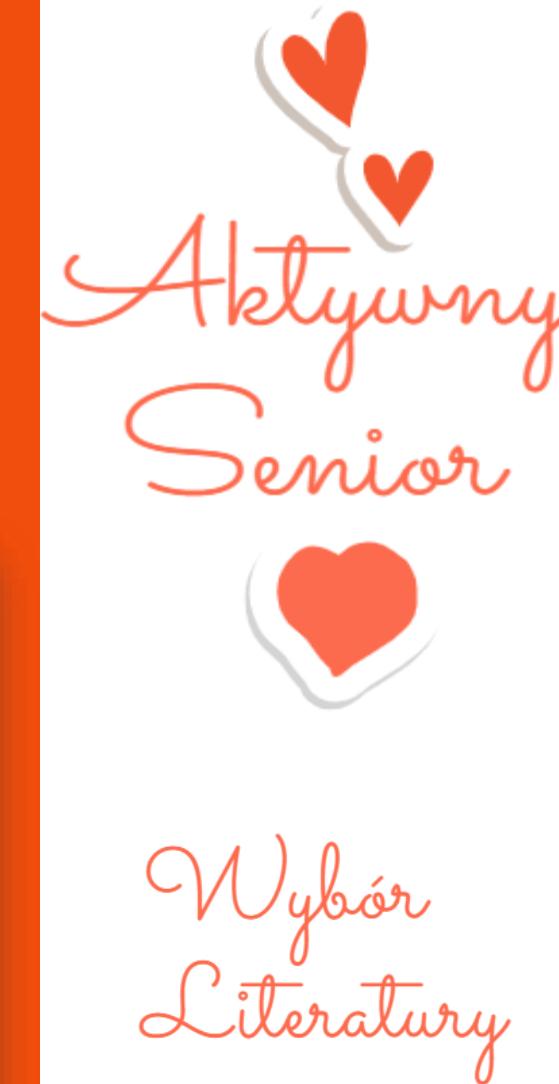
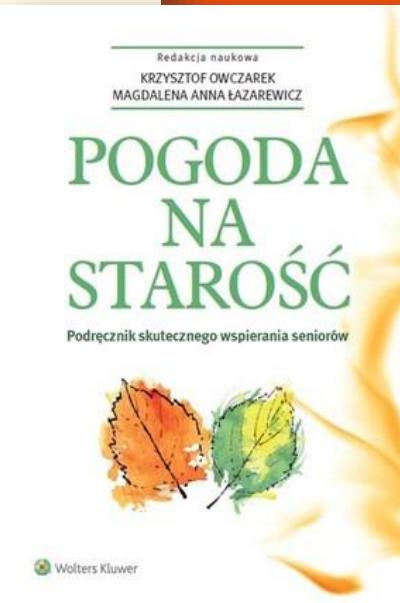
Wybór Literatury



<https://opac.pbw.org.pl/integro/852701386373/ksiazka/jedz-zdrowo-cwicz-z-glowa-zyj-szczesliwie?bibFilter=87&bIB=87>







<https://opac.pbw.org.pl/integro/852100759811/kowgier-agata/zycie-intymno-emocjonalne-osob-starszych?bibFilter=87&bIB=87>

Życie
intymno-emocjonalne
osób starszych



Agata Kowgier

impuls

NATALIA MINGE, KRZYSZTOF MINGE

TRENING UMYSŁU
DLA OSÓB 50+



Ponad
120
skutecznych
ćwiczeń

Techniki, wskazówki i ćwiczenia, dzięki którym twój umysł
będzie w świetnej kondycji!



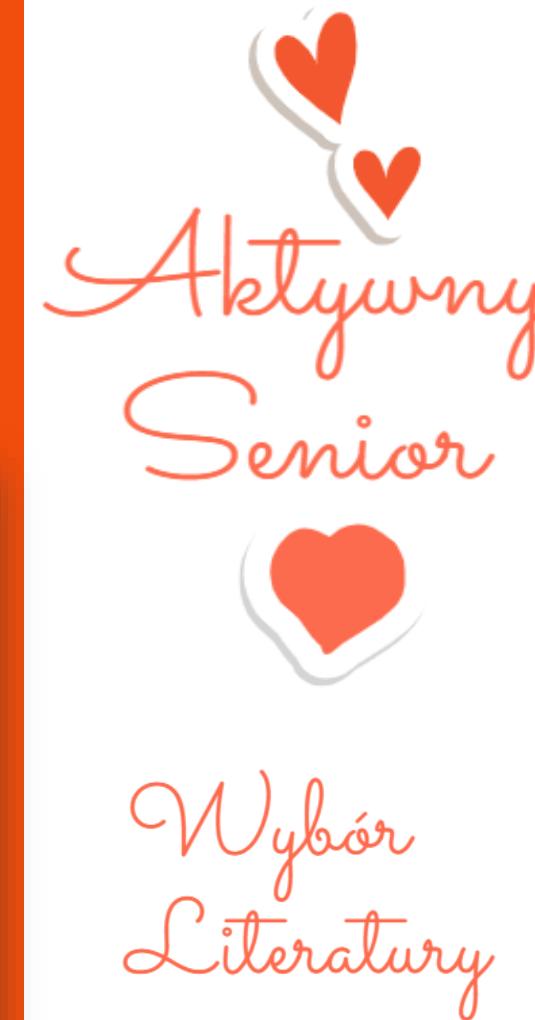
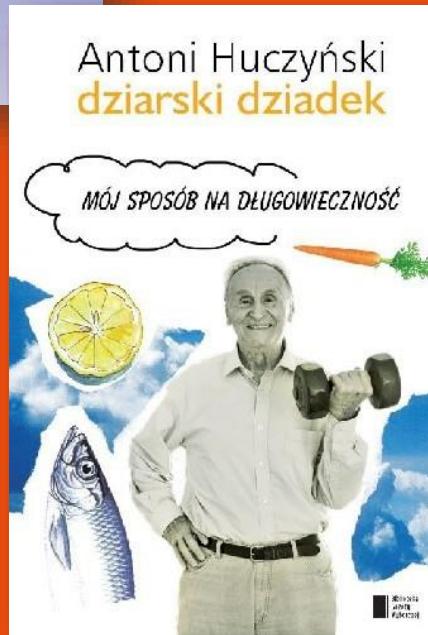
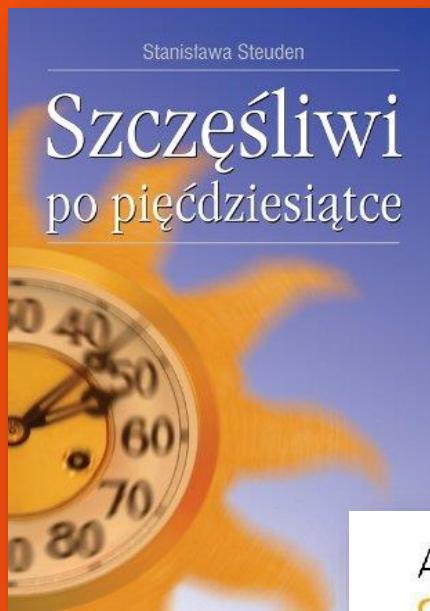
Aktywny Senior



Wybór Literatury



<https://opac.pbw.org.pl/integro/852401187514/minge-natalia/trening-umyslu-dla-osob-50?bibFilter=87&bIB=87>



<https://opac.pbw.org.pl/integro/853001525469/ksiazka/aktywni-seniorzy?bibFilter=87&bIB=87>

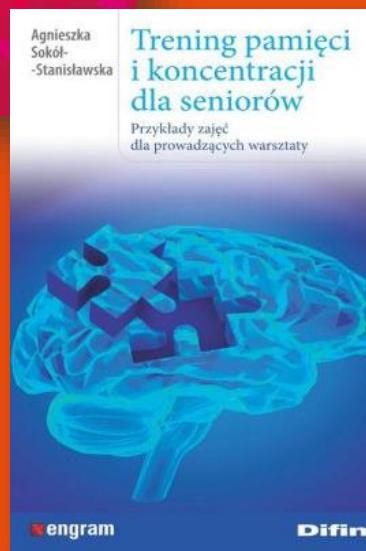



Aktywny Senior

Wybór Literatury

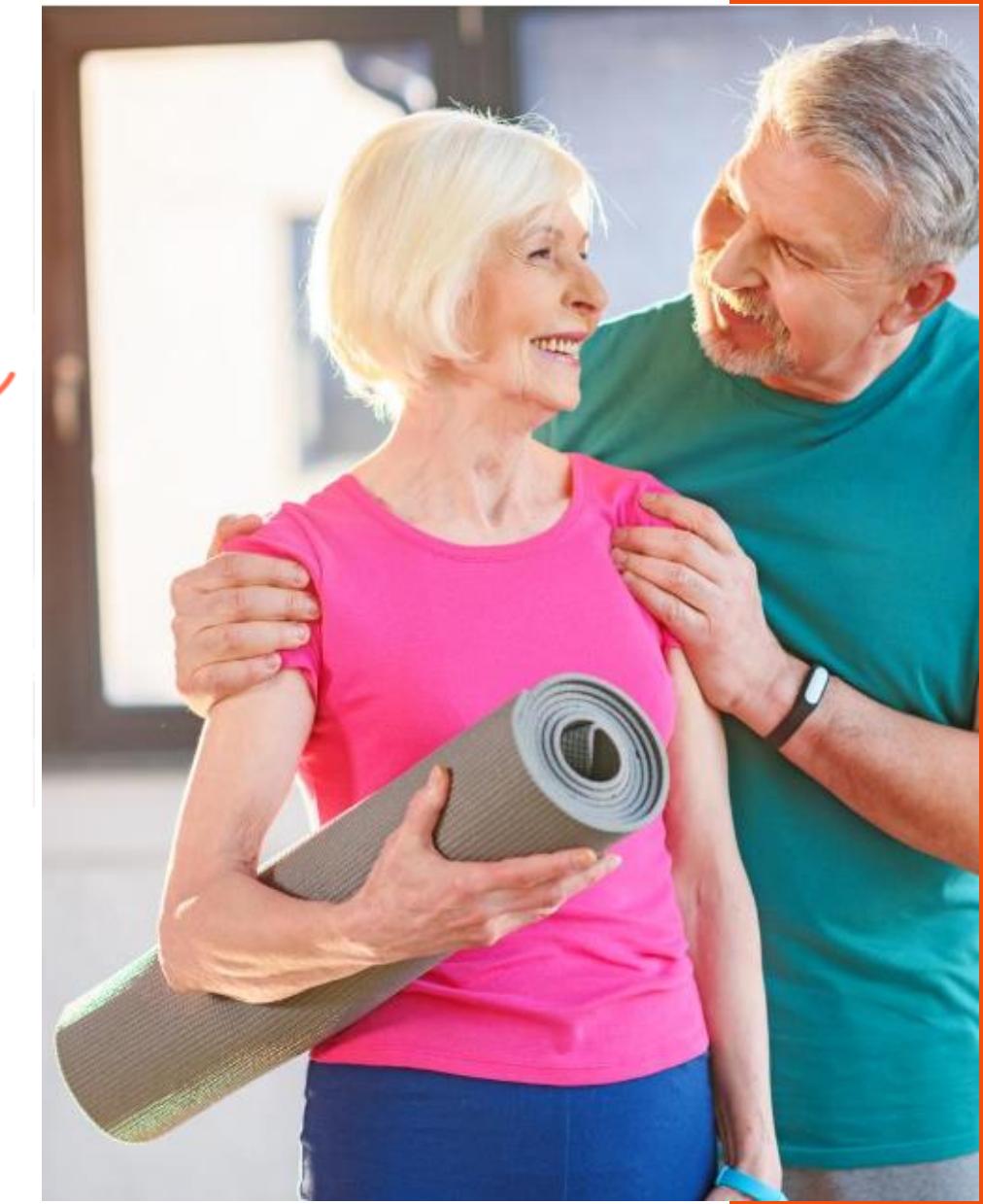


<https://opac.pbw.org.pl/integro/852000604574/figurska-malgorzata/nordic-walking-dla-ciebie?bibFilter=87&bIB=87>

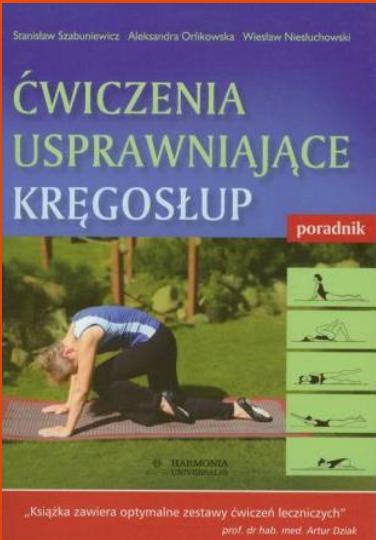


Aktywny Senior

Wybór Literatury

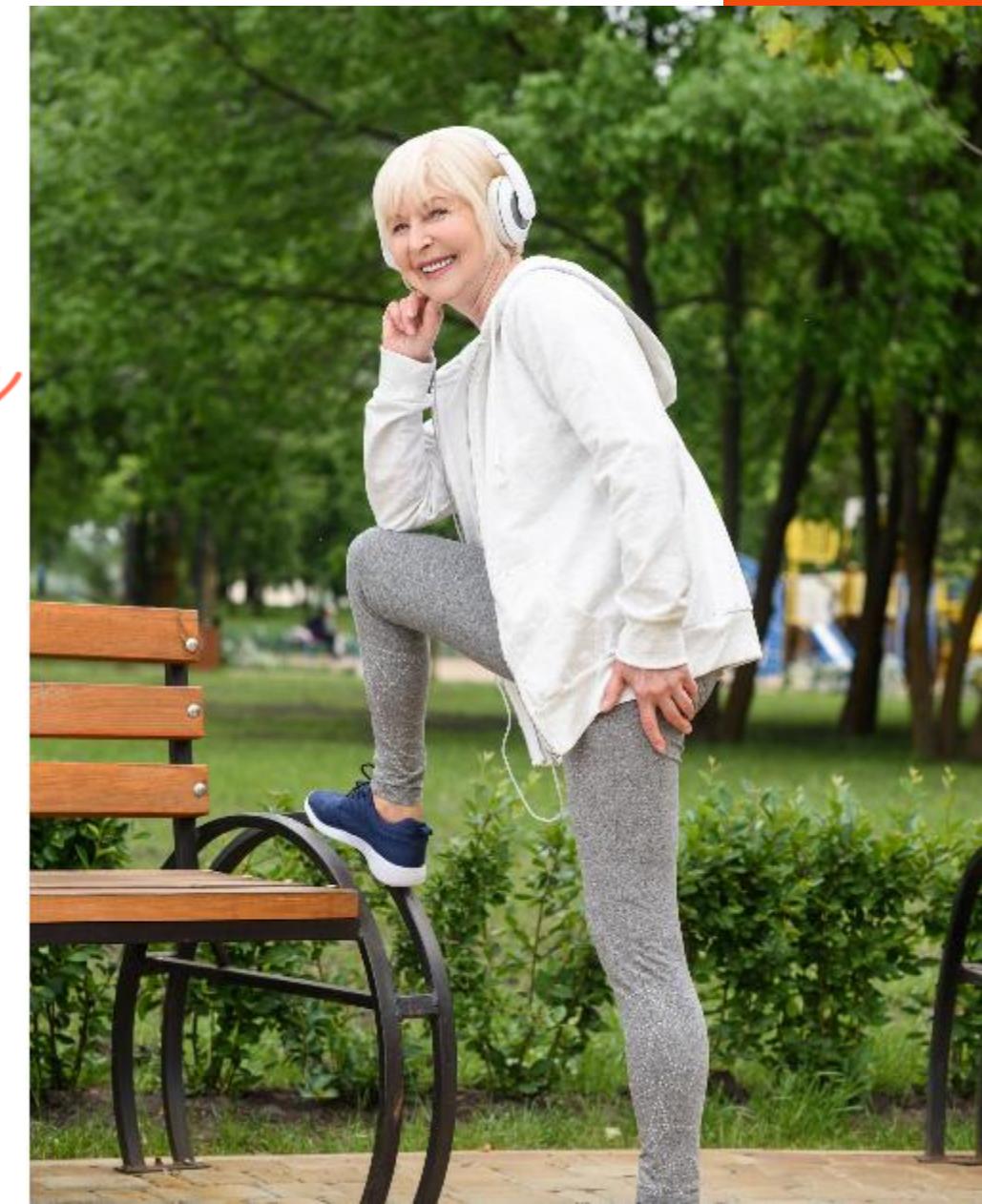


<https://opac.pbw.org.pl/integro/852200843301/szabuniewicz-stanislaw/cwiczenia-usprawniajace-kregoslup?bibFilter=87&bIB=87>




*Aktywny
Senior*

*Wybór
Literatury*





<https://opac.pbw.org.pl/integro/853001526128/kliszcz-joanna/psychologia-potrzeb-osob-starszych?bibFilter=87&bIB=>




*Aktywny
Senior*

*Wybór
Literatury*



<https://opac.pbw.org.pl/integro/853101694477/ksiazka/starzenie-sie-a-moze-dlugowiecznosc?bibFilter=87&bIB=87>



Zapraszamy
do korzystania ze zbiorów
naszej biblioteki



Oprac. Beata Sawinda