



# Living Art, Living Young: 85 and Still Going Strong

*Jeanine Semon*

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## **Living Art, Living Young: 85 and Still Going Strong** Jeanine Semon

An elder shares her secrets to health and long life, and her passion for art, Yoga, and spirituality. When an x-ray revealed she had the spine of a 30-year-old, Jeanine Semon embarked on a search of her life patterns, to find out why she was so exceptionally healthy for her age.

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