

As The Page Turns Bookstore, Gallery & Café

149 N. Center Street, Suite 102
Northville, MI 48167
248 912 0085

P.O. Box 87022
Canton, MI 48187
734 812 1045

www.asthepageturns.biz
Sales@asthepageturns.biz

November 2007
Book Blurb™

Our features this month, **Age Perfected Pilates** and **On A Roll @ Home** are by Michigan author and personal trainer, Donna Gambino.

The books are great for getting the core of the body in shape. With over 20 years as a physical therapist and now a personal trainer, Donna shows in clear and easy to follow instructions how to get the body in shape.

In **Age Perfected Pilates**, Donna shows how to still get in shape while being mindful of one's age. There are great demonstrated moves and discussion in the book. We featured Ms. Gambino at our November 2, First Friday Gallery Walk.

This book has something for everyone. It is rated **HS** for **Health Smart**.

Please visit our catalogue to order a book.