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**Letter Of Accepted (LoA)**

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Dear.

**Luke Setyo Anggoro**

Thank you for submitting your best article to be published on **Gudang Jurnal Multidisiplin Ilmu** with the title:

**"Efektivitas Relaksasi Otot Progresif Untuk Menurunkan Tingkat Kecemasan Pada Lanjut Usia"**

Based on the results of the review and the decision of the editorial team, the article is declared **ACCEPTED** for publication in the **Gudang Jurnal Multidisiplin Ilmu** edition **Volume 3 Number 1 Januari 2025**.

Thus we submit this letter of information to be used as it should be, we express our gratitude.

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Kisaran, 20 January 2025

Editor In Chief



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