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Prof. Linda B. Meeks is Co-CEO and President of Meeks Heit Associates, a company engaged in consulting, keynote speaking, training and producing high-quality written, electronic and recorded materials whose purpose is to educate and motivate people of all ages to take responsibility for their wellness.

Health And Wellness by Linda B. Meeks

Linda Meeks and Philip Heit are emeritus professors of Health Education in the College of Education at The Ohio State University. Linda and Philip previously owned Meeks Heit Publishing, a...

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Macmillan / McGraw Hill Health&Wellness (Texas - Examination Copy, Unit A - Unit E) Linda Meeks, Philip Heit Published by Macmillan / McGraw-Hill (2006)

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Personal health and physical activity --Unit 7. Alcohol, tobacco, and other drugs --Unit 8. Communicable and chronic diseases --Unit 9. Consumer and community health --Unit 10. Environmental health --Unit 11. Injury prevention and personal safety. Other Titles: Health and wellness: Responsibility: Linda Meeks, Phillip Heit, Randy Page.

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I am a Certified Health and Wellness Coach from Wellcoaches, Inc. Prior to starting Weikel Health and Wellness I worked at the world renowned Duke Diet and Fitness Center as a behavioral health clinician and lifestyle coach. There I gained expertise in weight management and health promotion. Since 2006 I have coached and counseled several ...

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