

STRUCTURED EXERCISES in WELLNESS PROMOTION

**A WHOLE PERSON™ HANDBOOK
FOR TRAINERS, EDUCATORS AND GROUP LEADERS**

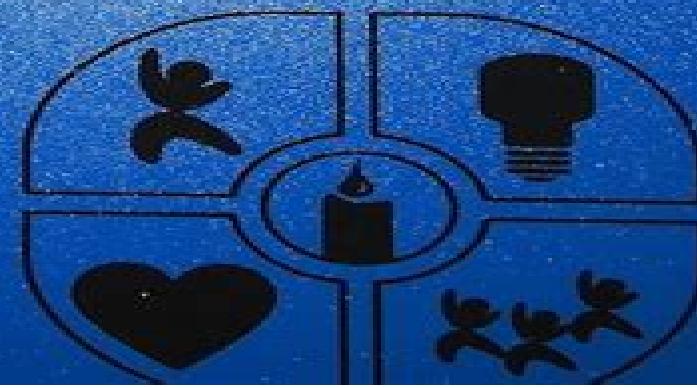
VOLUME 2

edited by

Nancy Loving Tubesing, EdD

and

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