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4.0 out of 5 stars Meeks/Heit Health and Wellness: Texas Edition. Reviewed in the United States on September 5, 2009. We have a new teacher teaching our Nutrition course this year, and we do not as of yet have a textbook. The teacher had used Health & Wellness during her student teaching, so I thought this would be a valuable resource to get ...

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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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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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