



## Foundations of Wellness

*Bill Reger-Nash, Meredith Smith, Gregory Juckett*

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**Foundations of Wellness** Bill Reger-Nash, Meredith Smith, Gregory Juckett

In Foundations of Wellness, you'll explore physical, mental, emotional, social, environmental, and spiritual realms of wellness; discover wellness strategies; and learn how to make healthy behavioral changes. Foundations of Wellness will help you achieve balance and peace of mind in your life.

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