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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,

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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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Emotional Health
"Character cannot be

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developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

—Helen Keller, the first deaf and blind college graduate

Character Versus Actions

Compare The actions of one person can affect the lives of many others.

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