

# Structured Exercises in Wellness Promotion Volume 3



WHOLE PERSON ASSOCIATES

Structured Exercises in  
**WELLNESS**  
**Promotion**

A Handbook for  
Trainers, Educators & Group Leaders

Volume

**3**

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A training resource for educators and group leaders containing structured exercises in wellness promotion. The user can mix and match the exercises to create workshops for a groups of any size.

作者介绍:

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