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Nota di contenuto	Contents; List of Tables; List of Boxes; List of Figures; Contributors; Preface; Part I. THEORY AND CONCEPTS; Part II. DEVELOPING PROGRAMS IN THE COMMUNITY; Part III. STRATEGIES FOR WELLNESS; Part IV. INTERACTION SKILLS; Part V. HEALTH PROMOTION IN A CULTURAL CONTEXT; Part VI. LESSONS FROM SAMPLE HEALTH PROMOTION PROGRAMS; Index
Sommario/riassunto	In her latest book, Dr. Clark applies a holistic, wellness perspective to community health, focusing on community strengths and resilience - such as positive nutrition, healthy environment, fitness, and self care skills - rather than risks and disease. Practitioners and students will find this book a practical and comprehensive resource for creating community health programs and promoting wellness among individuals and groups. Special features include: A step-by-step guide to planning, implementing, and marketing community health programs; Strategies for wellness nutrition, fitness, stress man