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| ISBN                    | 1-281-80638-2<br>9786611806385<br>0-8261-1619-1  |
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| Descrizione fisica      | 1 online resource (497 p.)   |
| Altri autori (Persone)  | ClarkCarolyn Chambers  |
| Disciplina              | 362.1/2<br>362.12  |
| Soggetti                | Community health services<br>Health promotion<br>Holistic medicine<br>Medicine, Preventive   |
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| Livello bibliografico   | Monografia   |
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| Nota di bibliografia    | Includes bibliographical references and index.   |
| 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 |