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Nota di contenuto	""First Cover""; ""Foreword""; ""Table of contents""; ""Adults""; ""The Health Consequences of Unemployment""; ""Table of contents""; ""Introduction""; ""Key conclusions from the research literature""; ""The Physical and Mental Health Consequences of Unemployment""; ""The Effects of Unemployment on Family Members""; ""Preliminary Results from a Canadian Community Survey""; ""Reemployment and the Recovery of Health""; ""Mediating and Moderating Factors""; ""Summary of Key Findings""; ""Success stories""; ""The Michigan JOBS Program""; ""Local Success Stories""; ""Job Clubs"" ""Policy Implications""; ""Reducing Unemployment""; ""Altering the Consequences of Unemployment""; ""Bibliography""; ""Promoting Literacy, Improving Health""; ""Table of contents""; ""Overview of literacy work""; ""Statistics""; ""Causes of Limited Literacy""; ""Personal Factors""; ""Social and Economic Factors""; ""The Role of Schools""; ""Impact of Limited Literacy""; ""Literacy Programming""; ""Program Delivery""; ""Programs in Educational Institutions""; ""Community-Based Programs""; ""Workplace Programs""; ""Effectiveness of Literacy Programs""

""The Role of Communication Technologies in Literacy"""; "Key Program Groups"; ""Aboriginal Peoples""; ""Francophones""; ""Inmates""; ""Women""; ""Health care and literacy""; ""Impact of Limited Literacy on Health""; ""Health Care Responses to the Literacy Issue""; ""Social Policy Changes""; ""Increased Awareness of the Issue""; ""Collaboration between Health and Literacy Workers""; ""Increased Access to Health Information""; ""Success stories""; ""Beat the Street: Frontier College""; ""BEST a€? Basic Education for Skills Training: The Ontario Federation of Labour""

""Intergenerational Literacy Program: Invergarry Learning Centre"""; Something Special for Seniors: Medicine Hat College and One Voice"";

""Policy implications""; ""Health Care""; ""Education""; ""Social Equity""; ""Conclusion""; ""Bibliography""; ""Seniors""; ""Maintaining and Enhancing Independence and Well-Being in Old Age""; ""Table of contents""; ""Introduction""; ""Health and wellness""; ""Seniors""; ""Nonmedical determinants of health""; ""Lifestyles""; ""The Social Structure""; ""Community development: a strategy with a promise""; ""Success stories""

""Discover Choices: Manitoba and Saskatchewan"""; ""Support Services to Seniors Program""; ""Tenderloin Seniors Organizing Project (TSOP)""; ""On Lok: Peaceful, happy abo""; ""Arthritis Self-Management Program: B.C. Project""; ""Policy implications""; ""Specific suggestions""; ""Bibliography""; ""Promoting Active Living and Healthy Eating among Older Canadians""; ""Table of contents""; ""Introduction""; ""Key conclusions from the literature on active living""; ""Income Disparity""; ""Education""; ""Social Network and Support""; ""Physical Environment""; ""Self-Worth and Empowerment""

""Key conclusions from the literature on healthy eating""

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