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Meeks Heit health and wellness: 1. Meeks Heit health and wellness. by Linda Brower Meeks; Philip Heit; McGraw-Hill/Glencoe Publishing Company. Print book: English. 2005 : New York : McGraw-Hill/Glencoe 2. Meeks Heit health & wellness: 2. Meeks Heit health & wellness.

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Health and wellness by Linda Brower Meeks, Linda Meeks, Philip Heit, Randy M. Page, May 1999, McGraw-Hill/Glencoe edition, Hardcover in English

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Prof. Linda B. Meeks is Co-CEO and President of Meeks Heit Associates, a company engaged in consulting, keynote speaking, training and producing high-quality written, electronic and recorded materials whose purpose is to educate and motivate people of all ages to take responsibility for their wellness.

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### **Glencoe: Health & Wellness by Meeks, Heit, Page | eBay**

Health And Wellness: Your Body Book. Linda Meeks, Philip Heit. MacMillan/McGraw-Hill School Division, 2004 - Juvenile Nonfiction - 89 pages. 0 Reviews. This book is for boys and girls who have just begun or are about to begin puberty. It teaches boys and girls about good character and self-respect. It answers their questions about ways the body ...

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### **Comprehensive School Health Education: Totally Awesome ...**

Health & Wellness, Meeks, Heit and Page, McGraw-Hill Companies, 2005, ISBN: 0-07-830861-5 V. INSTRUCTIONAL STRATEGIES: Various teaching methods are used in this course. Instruction will be given using prepared worksheets, class notes, and exercises from the book. Group activities and cooperative learning may be used.

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