

Concepts Of Fitness And Wellness A Comprehensive Lifestyle Approach Loose Leaf Edition

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our programs we are excited about helping more people to regain and maintain their health through diet and lifestyle change and to learn how to make better choices about medical care

pam popper is an internationally recognized expert on nutrition medicine and health and the founder and executive director of wellness forum health the company provides educational programs

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wellness forum super foods smoothie mix 25 15 servings this health promoting product contains spirulina beet spinach wheatgrass tomato and carrot powders stevia

n purpose in kansas city missouri she is a licensed professional counselor in private practice a certified health educator and a faculty member for the wellness forum institute for health studies

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