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to which people perceive their health to
b.... an active process through which
people become aware of, and ma....
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Upon successful completion of the course, students will be able to: analyze health histories; determine life and health goals; design action plans to achieve life and health goals; assess progress in goal achievement; create practical applications of health and wellness concepts; teach key Integrative Nutrition concepts such as primary food, secondary food, crowding out, mind-body connection ...

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