

## Wellness Journal



Filesize: 3.68 MB

### Reviews

*I just started off reading this article publication. This really is for all who statte there had not been a really worth looking at. You will not feel monotony at anytime of your own time (that's what catalogs are for about should you ask me).  
(Prof. Jeremie Kozey)*

## WELLNESS JOURNAL

[DOWNLOAD PDF](#)

To read **Wellness Journal** PDF, make sure you refer to the hyperlink below and save the file or gain access to other information which might be in conjunction with WELLNESS JOURNAL ebook.

Dog Ear Publishing, LLC. Paperback. Book Condition: New. Paperback. 130 pages. Dimensions: 8.3in. x 5.4in. x 0.6in. Robins mother Maria was diagnosed with Ovarian Cancer in 1970. During her mothers long illness, the Wellness Journal was being created, in thought. In 2009, Robin was diagnosed with thyroid cancer this further led the journey to begin writing the Wellness Journal. Robin needed a place to organize and document health information, medical exams, blood tests, and other vital health information. The Wellness Journal is an active Journal. It is an inspirational and motivational book that can serve as a tool to log health information. It is filled with statements of hopes, inspiration and empowering words. In this book, youll find ways to better organize medical information; it will encourage documentation of physical exams, health screenings, providers information and appointments. The Wellness Journal is a health record keeper and organizer for you and your family. Robin Willis a Washingtonian is a graduate of the District of Columbia Public Schools. She graduated from Miner Teachers College in 1979 majoring in health education. In 1984, she received her Masters of Arts and Science in Counseling and Mental Health from The University of the District of Columbia. Robin has been for over twenty five years a counselor with the District of Columbia Mental Health system. In 1998, she created, Health is the Answer, a health education and wellness program. This program greatly enriched and stabilized the lives of those with varying medical concerns. Robin continues to work as a Social Worker in the private sector in the District of Columbia. Presently, she actively in the Health Ministry of her local church, a member of the District of Columbia Board of Social Work and belongs to the Thyroid and Cancer Survivors Association. This item ships from multiple locations....

[Read Wellness Journal Online](#)[Download PDF Wellness Journal](#)[Download ePUB Wellness Journal](#)

## Other eBooks

---



### [PDF] Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Click the hyperlink below to read "Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home" document.

[Read PDF »](#)

---



### [PDF] Photographing Your Family: (and All the Kids and Friends and Animals Who Wander Through, Too)

Click the hyperlink below to read "Photographing Your Family: (and All the Kids and Friends and Animals Who Wander Through, Too)" document.

[Read PDF »](#)

---



### [PDF] Becoming a Spacewalker: My Journey to the Stars (Hardback)

Click the hyperlink below to read "Becoming a Spacewalker: My Journey to the Stars (Hardback)" document.

[Read PDF »](#)

---



### [PDF] Your Premature Baby The First Five Years by Nikki Bradford 2003 Paperback

Click the hyperlink below to read "Your Premature Baby The First Five Years by Nikki Bradford 2003 Paperback" document.

[Read PDF »](#)

---



### [PDF] Growing Up: From Baby to Adult High Beginning Book with Online Access

Click the hyperlink below to read "Growing Up: From Baby to Adult High Beginning Book with Online Access" document.

[Read PDF »](#)

---



### [PDF] Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Click the hyperlink below to read "Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade" document.

[Read PDF »](#)



**[PDF] Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral**

Click the hyperlink listed below to read "Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral" document.

[Read Document »](#)

---



**[PDF] Comic Illustration Book for Kids: Short Moral Stories for Kids with Dog Farts**

Click the hyperlink listed below to read "Comic Illustration Book for Kids: Short Moral Stories for Kids with Dog Farts" document.

[Read Document »](#)

---



**[PDF] The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds**

Click the hyperlink listed below to read "The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds" document.

[Read Document »](#)

---



**[PDF] Now and Then: From Coney Island to Here**

Click the hyperlink listed below to read "Now and Then: From Coney Island to Here" document.

[Read Document »](#)

---



**[PDF] My Life as an Experiment: One Man's Humble Quest to Improve Himself by Living as a Woman, Becoming George Washington, Telling No Lies, and Other Radical Tests**

Click the hyperlink listed below to read "My Life as an Experiment: One Man's Humble Quest to Improve Himself by Living as a Woman, Becoming George Washington, Telling No Lies, and Other Radical Tests" document.

[Read Document »](#)

---



**[PDF] From Here to Paternity**

Click the hyperlink listed below to read "From Here to Paternity" document.

[Read Document »](#)