

## Wellness Journal



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### ***Reviews***

*Absolutely one of the best pdf I actually have possibly read. Better then never, though i am quite late in start reading this one. I realized this book from my dad and i encouraged this ebook to discover.*

***(Ms. Beth Conroy V)***

WELLNESS JOURNAL



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....



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