



Promoting Health And Emotional Well-Being In Your Classroom

Randy M. Page, Tana S. Page

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Promoting Health and Emotional Well-Being in Your Classroom, Fifth Edition provides pre-service and current teachers all the tools and up-to-date information needed for effectively promoting healthy life choices. Framed around the National Health Education Standards and the Centers for Disease Control and Prevention's six risk behaviors, this practical text facilitates instructional planning, allows for easy adaptation into various curricular frameworks, and ensures that the most essential health education content is addressed.

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