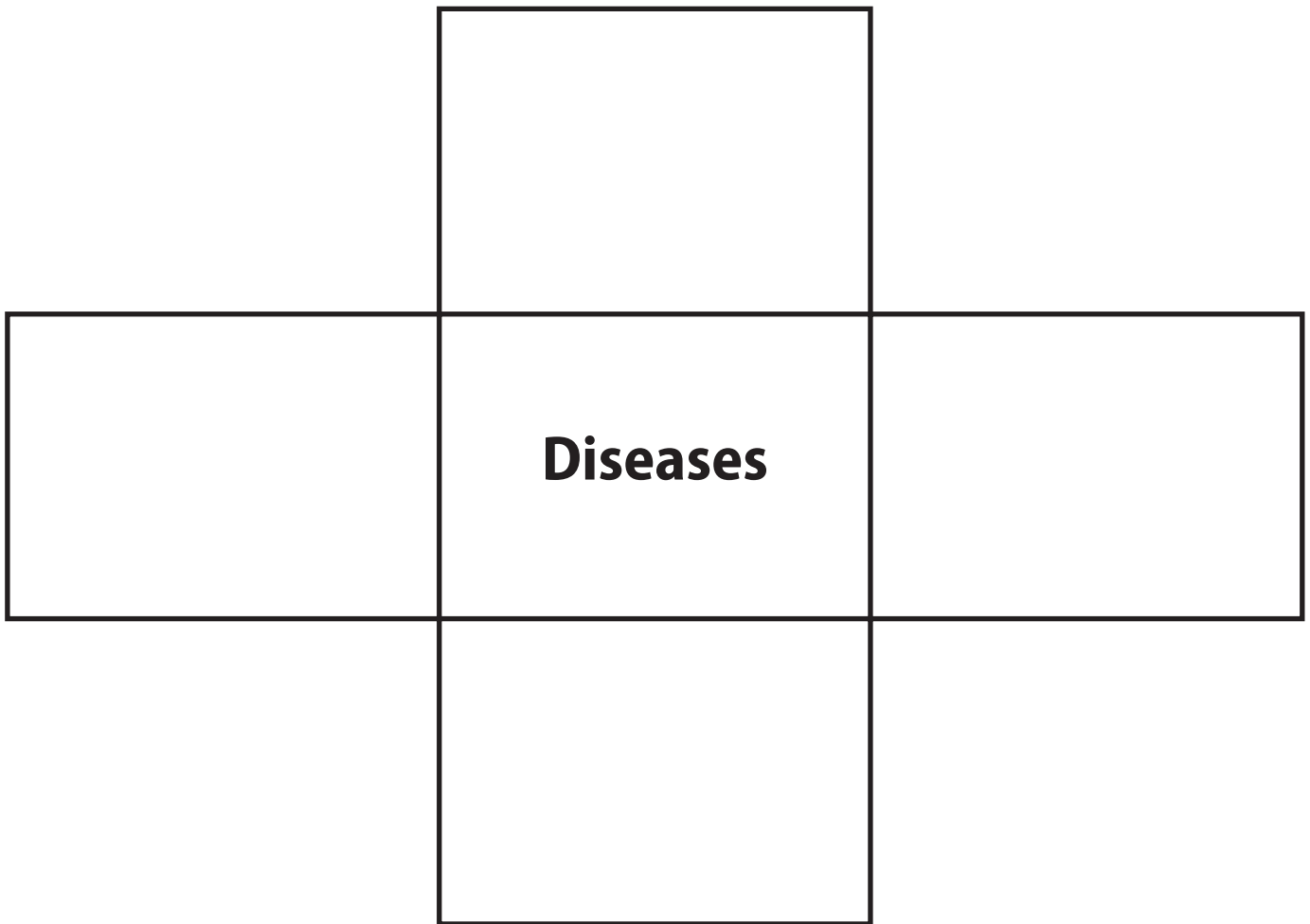


Chapter 22 Health and Wellness

Directions: Identify four diseases that are linked to lifestyle choices.

Section 22.1

Learn About Wellness



Chapter 22 Health and Wellness

Directions: Describe nutrition guidelines that will help you eat right.

Section 22.2

Positive Health Habits

