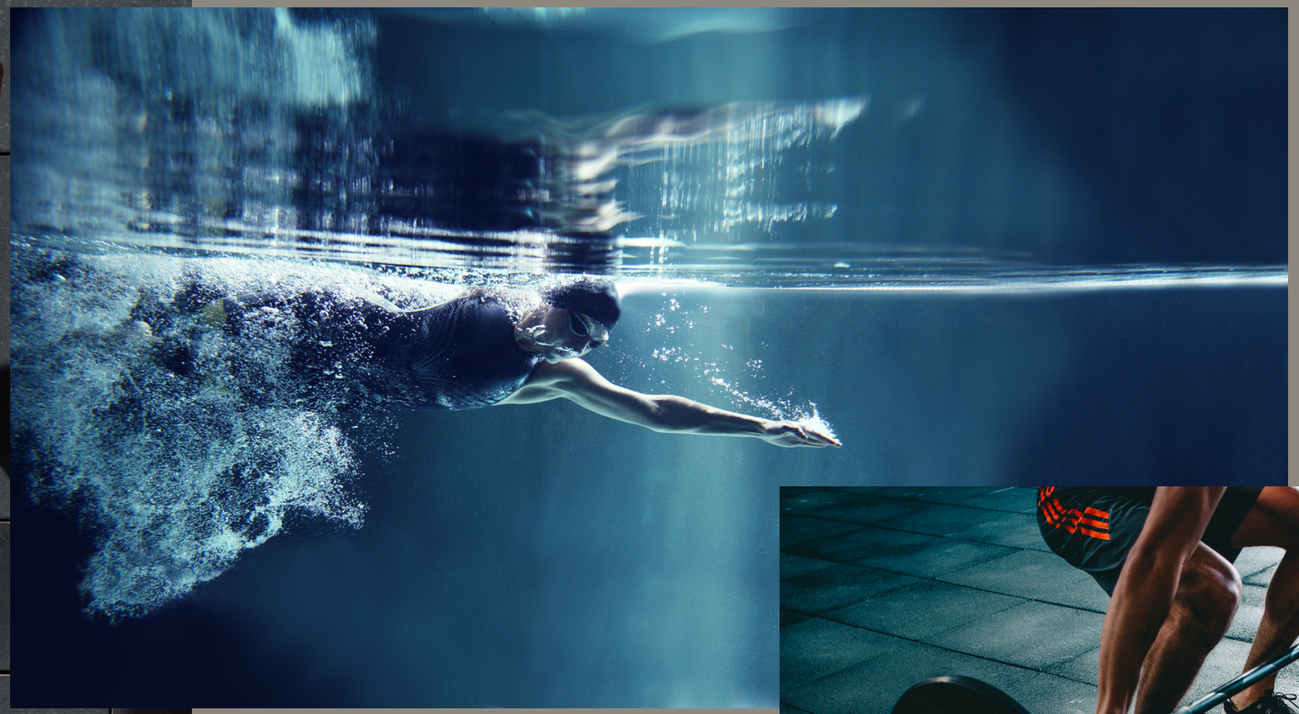
Kevin Hines

THE ART OF WELLNESS

THERAPY

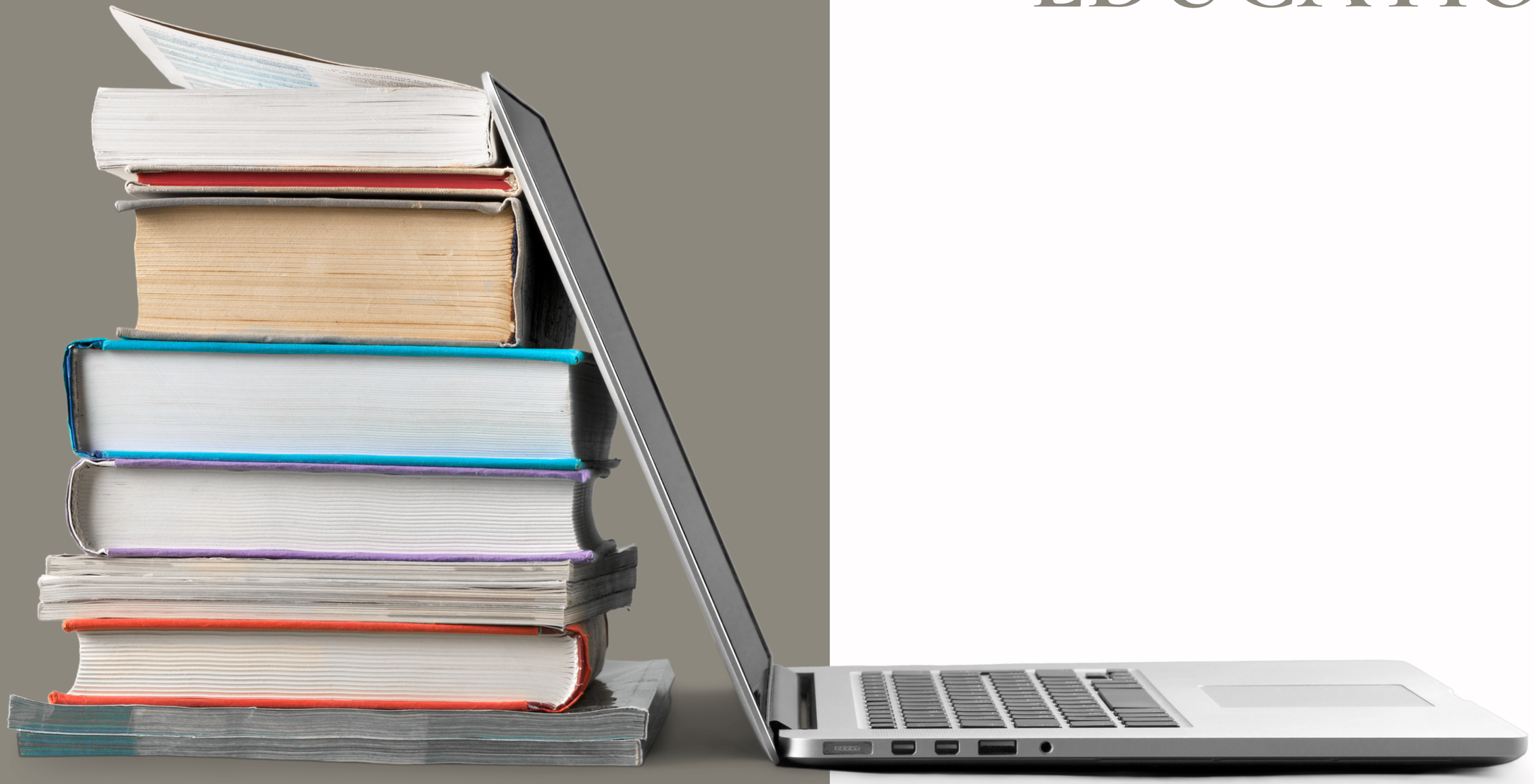
NUTRITION

EXCERCISE



SLEEP

EDUCATION



MEDICATION

17. Increased blood cholesterol?
HISTORY
Siblings
Number of brothers
Any health problems? Please explain.
Number of sisters
yes

MEDITATION

ADVOCACY

COPING MECHANISMS

THE PLAN

INITIATING
PLANNING
EXECUTING
MONITORING & CONTROLLING
CLOSING