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Linking healthy living with academic success



Course: Health Education

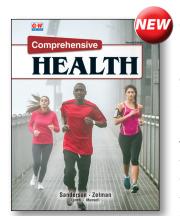
Essential Health ©2018, 2nd Edition

Essential Health is the most up-to-date, skills-based text available for high school health and wellness classes. With its engaging writing and numerous supporting activities, this text presents the study of health and wellness as a dynamic discussion, relevant to students' lives. In addition to the standard topics, the text contains coverage of human trafficking, opioid use, and new nutrition facts label. Content and skills are aligned to the National Health Education Standards.

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Course: Health and Life Management

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