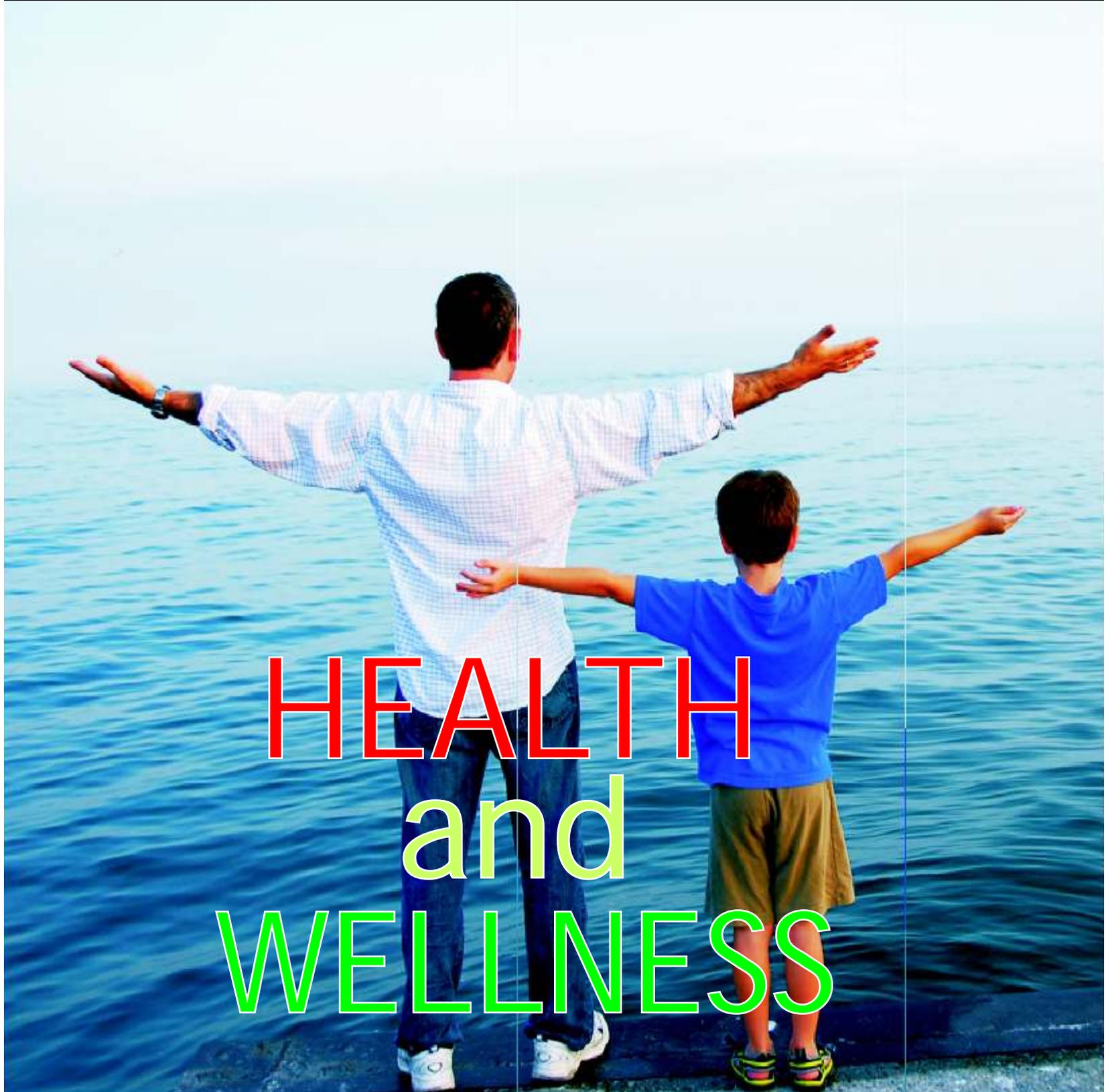




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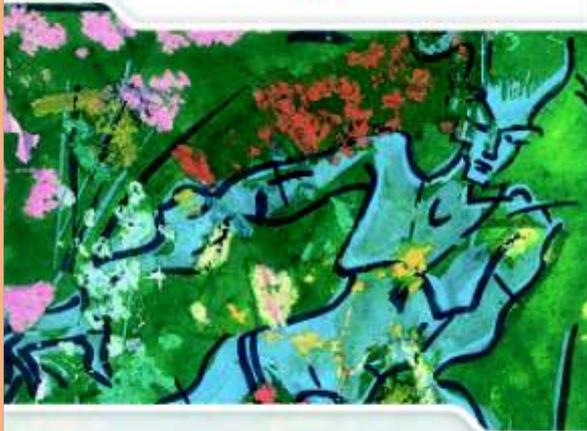
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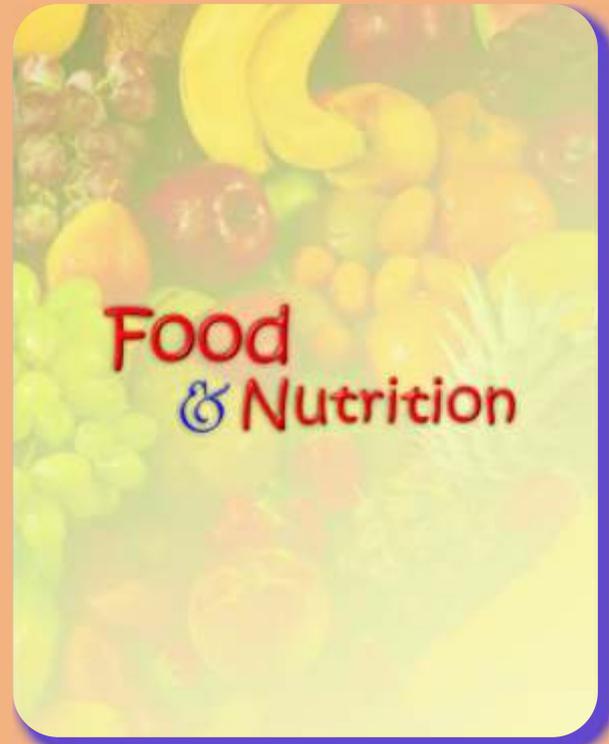
HEALTH  
and  
WELLNESS

# Themes of Comprehensive School Health Manuals

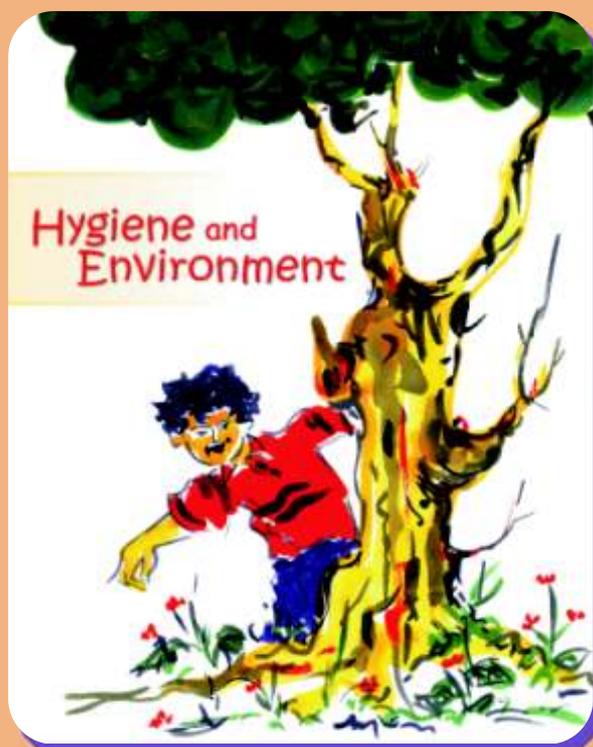
Knowing Your Body



Food & Nutrition



Hygiene and Environment



# Themes of Comprehensive School Health Manuals



Physical  
Fitness



Behavioural  
Changes

# Comprehensive School Health Manuals

