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Wellness Journal

By Robin Willis

Dog Ear Publishing, LLC. Paperback. Book Condition: New. Paperback. 130 pages. Dimensions: 8.3in. x 5.4in. x 0.6in. Robin's mother Maria was diagnosed with Ovarian Cancer in 1970. During her mother's long illness, the Wellness Journal was being created, in thought. In 2009, Robin was diagnosed with thyroid cancer; this further led the journey to begin writing the Wellness Journal. Robin needed a place to organize and document health information, medical exams, blood tests, and other vital health information. The Wellness Journal is an active Journal. It is an inspirational and motivational book that can serve as a tool to log health information. It is filled with statements of hopes, inspiration and empowering words. In this book, you'll find ways to better organize medical information; it will encourage documentation of physical exams, health screenings, providers' information and appointments. The Wellness Journal is a health record keeper and organizer for you and your family. Robin Willis is a Washingtonian, a graduate of the District of Columbia Public Schools. She graduated from Miner Teachers College in 1979, majoring in health education. In 1984, she received her Masters of Arts and Science in Counseling and Mental Health from The University of the District of Columbia....



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