

Third Edition

# Health Promotion Programs

From Theory to Practice

Carl I. Fertman | Melissa L. Grim



# HEALTH PROMOTION PROGRAMS

## FROM THEORY TO PRACTICE

Third Edition

Edited by

**Carl I. Fertman**  
**Melissa L. Grim**



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*For my wife, Barbara Murock, promoter of love, family,  
health, and biking*

*For all the generations from, between and beyond Eliezer  
to Kai with gratitude*

*—Carl I. Fertman*

*For my husband, Mike, and daughters, Evie and Jill, for  
filling our home with love and a constant supply of  
laughter.*

*—Melissa L. Grim*

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