



# Health Promotion and Aging: Practical Applications for Health Professionals

*David Haber*

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## **Health Promotion and Aging: Practical Applications for Health Professionals** David Haber

Focusing on current research findings and practical applications, Haber, in this new edition, continues to stress the importance of collaboration and communication between health professionals and their clients. This expanded evidence-based third edition explores areas including medical screenings, health behavior, exercise, nutrition, weight management, complementary and alternative medicine, social support, and diversity. Based on the premise that every health professional should be a health educator, the book contains model programs, useful questions for discussion at the end of each chapter, checklists, a health/contract calendar, assessment tools, resource lists, and illustrations.

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