

HEALTHQUEST

Total Wellness for Mind, Body & Spirit

# STAYING STRONG

## Reclaiming the Wisdom of African-American Healing

- The African-American Healing Legacy
- Body/Mind/Spirit Healing Techniques from Acupuncture to Reflexology
- Common Ailments, Treatments, and Prevention

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# Healthquest Staying Strong Reclaiming The Wisdom Of African American Healing

**SB Merriam**



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