

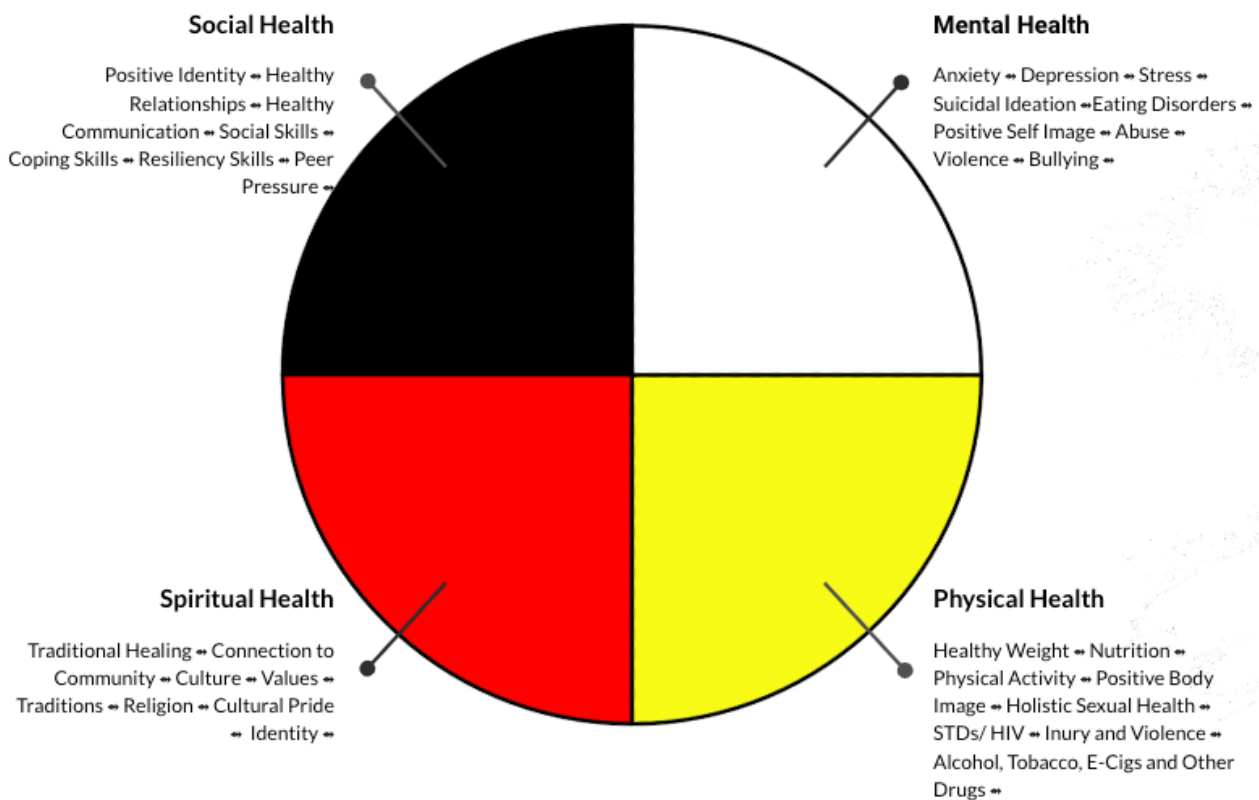


Holistic Health Checklist

Description

Indigenous health has long known the value of strengthening and maintaining our holistic health through four key areas:

Holistic Health



Instructions:

Think of your programs components and break them down into Social, Mental, Spiritual, and Physical Health groups. Under each category write down these components to determine which type of health you are currently addressing well, and which type of health you can build up to ensure youth are receiving a holistic health program.

