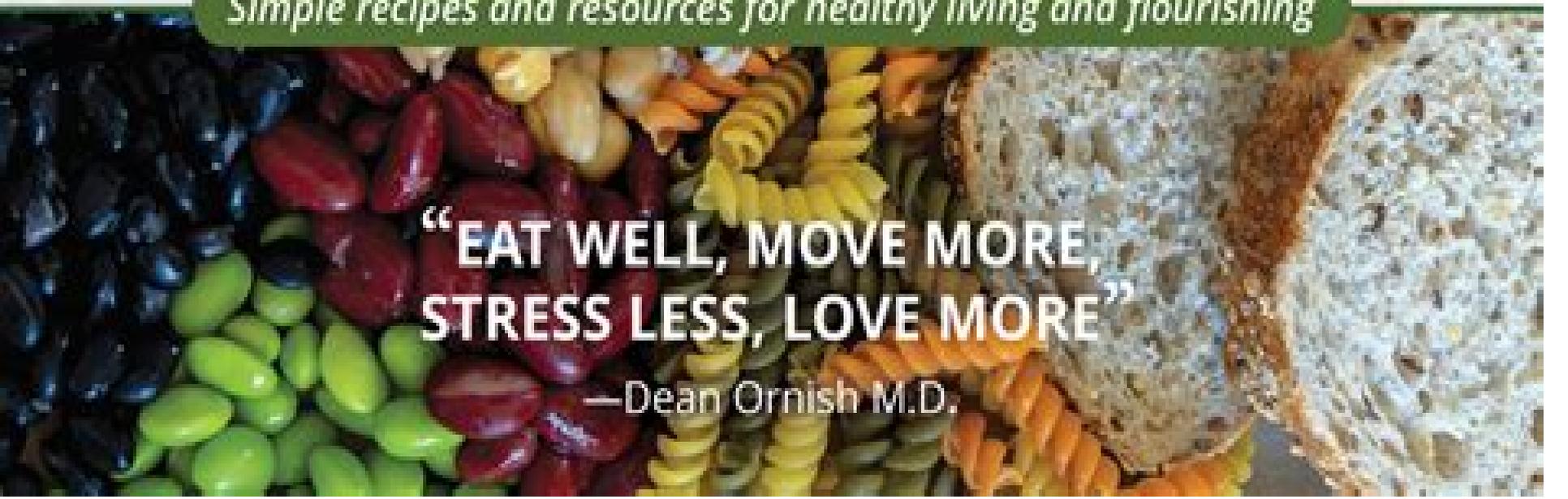




The St. John's Health

# GUIDEBOOK

*Simple recipes and resources for healthy living and flourishing*



**“EAT WELL, MOVE MORE,  
STRESS LESS, LOVE MORE”**

—Dean Ornish M.D.

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web date of counseling organization name and title of counselor part ii background information purpose of counseling leader states the reason for the counseling e.g.

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