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Prof. Linda B. Meeks is Co-CEO and President of Meeks Heit Associates, a company engaged in consulting, keynote speaking, training and producing high-quality written, electronic and recorded materials whose purpose is to educate and motivate people of all ages to take responsibility for their wellness.

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Linda Meeks and Philip Heit are emeritus professors of Health Education in the College of Education at The Ohio State University. Linda and Philip previously owned Meeks Heit Publishing, a...

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