

William Paterson University

[ARCHIVED CATALOG]

PBHL 1100 Healthy U

This course is about the care and maintenance of you. How healthy we are throughout our lives depends in large part on our health behaviors. This course will help you to make healthier decisions in key areas including mental health and stress management, sexuality, addiction, diet, weight management and fitness. Through critical evaluation of information and its application to your personal wellness, it aims to support a lifelong healthier you.

Credits: 3.0
