



TEXILA
AMERICAN
UNIVERSITY



WELLNESS
AND
HEALTH

A top-down photograph of a wooden-framed chalkboard with the words "WELLNESS AND HEALTH" written in large, white, block letters. The chalkboard is surrounded by various objects: a piece of twine, a metal object, a black lid, and a green bamboo plant.

TEXILA INTERNATIONAL
JOURNAL OF PUBLIC HEALTH

"GOOD HEALTH AND WELL BEING"

ISSN: 2520-3134

SPECIAL ISSUE AUGUST 2024