

the bridge wellness south

The Bridge Wellness South: Your Gateway to Holistic Wellbeing

Are you feeling overwhelmed, stressed, or just plain stuck in a rut? Do you crave a deeper connection to yourself and a more fulfilling life? If so, you're not alone. Many people are seeking holistic wellness solutions, and at The Bridge Wellness South, we understand that journey. This comprehensive guide dives deep into what makes The Bridge Wellness South unique, exploring our services, philosophy, and how we can help you build a healthier, happier you. We'll cover everything from our dedicated team to the various therapies we offer, ensuring you have all the information you need to embark on your wellness path with confidence.

Understanding The Bridge Wellness South: A Holistic Approach

The Bridge Wellness South isn't just another wellness center; it's a sanctuary designed to support your entire wellbeing. We understand that true wellness isn't just the absence of illness, but a vibrant state of physical, mental, and emotional health. Our holistic approach acknowledges the interconnectedness of these aspects, offering a range of therapies and services tailored to address your individual needs. We believe in empowering you to take control of your health and create lasting positive change. We move beyond simply treating symptoms; we aim to uncover the root causes of imbalance and help you build resilience for the long term.

Our Comprehensive Range of Services: Finding Your Perfect Fit

At The Bridge Wellness South, we offer a diverse range of services, catering to a wide spectrum of needs. Our offerings include:

Individual Therapy: Our skilled therapists provide a safe and supportive space to explore your thoughts, feelings, and behaviors. We offer various therapeutic approaches, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and psychodynamic therapy, ensuring a personalized approach that aligns with your preferences and goals. We specialize in treating anxiety, depression, trauma, relationship issues, and other mental health concerns.

Couples Therapy: Strengthening relationships is vital for overall wellbeing. Our experienced couples therapists guide you and your partner through communication challenges, conflict resolution, and building a stronger, more fulfilling connection.

Family Therapy: Family dynamics significantly impact individual well-being. Our family therapists work with families to improve communication, resolve conflicts, and foster healthier relationships within the

family unit.

Nutritional Counseling: Understanding the power of nutrition is key to optimal health. Our registered dietitians provide personalized nutritional guidance, helping you make informed choices that support your physical and mental wellbeing. We can assist with weight management, dietary restrictions, and improving overall nutritional intake.

Mindfulness and Meditation Workshops: Learn practical techniques to manage stress, improve focus, and cultivate inner peace through mindfulness and meditation practices. Our workshops provide a supportive environment to develop these valuable skills.

Yoga and Movement Therapy: Gentle movement and yoga classes are offered to promote physical and mental relaxation, flexibility, and stress reduction. These classes are designed for all levels, from beginners to experienced practitioners.

The Bridge Wellness South Team: Experienced and Compassionate Professionals

Our team of highly qualified and experienced professionals is the heart of The Bridge Wellness South. We're committed to providing a supportive, non-judgmental environment where you feel comfortable exploring your challenges and working towards your goals. Each member of our team brings unique expertise and a genuine passion for helping individuals thrive. We are dedicated to ongoing professional development, ensuring we remain at the forefront of holistic wellness practices. You can find detailed biographies of our team members on our website.

The Bridge Wellness South Philosophy: A Foundation of Wellbeing

Our philosophy rests on the pillars of empowerment, compassion, and collaboration. We believe in empowering you to take an active role in your healing journey. We offer compassionate support and understanding, creating a safe space for vulnerability and growth. Our collaborative approach ensures that your treatment plan is tailored to your specific needs and preferences, working alongside you every step of the way.

Finding Your Path to Wellness at The Bridge Wellness South

Taking the first step towards better wellbeing can be daunting, but it's a journey worth taking. At The Bridge Wellness South, we are dedicated to supporting you every step of the way. We provide a welcoming and inclusive environment where you can feel understood, supported, and empowered to create the life you desire. Our commitment to holistic wellness ensures that we address your needs on every level, promoting long-term health and happiness. We encourage you to explore our website for further details on our services and team, and to schedule a consultation to begin your journey toward a

more fulfilling life.

Conclusion

The Bridge Wellness South offers a comprehensive approach to holistic wellness, providing a supportive environment and a diverse range of services designed to help you achieve your personal wellbeing goals. Our team of compassionate professionals is committed to empowering you on your journey, helping you build a healthier, happier, and more fulfilling life. Contact us today to discover how we can help you cross the bridge to a better you.

FAQs

1. Do you accept insurance? We accept a variety of insurance plans. Please contact us directly to confirm your coverage.
1. What are your hours of operation? Our hours are [Insert Hours Here]. We also offer evening and weekend appointments.
1. What is your cancellation policy? We require a 24-hour notice for cancellations. Failure to provide sufficient notice may result in a fee.
1. How do I schedule an appointment? You can schedule an appointment online through our website or by calling us at [Insert Phone Number Here].
1. Do you offer online therapy sessions? Yes, we offer telehealth options for those who prefer virtual sessions.

the bridge wellness south: Be the Bridge Latasha Morrison, 2019-10-15 NEW YORK TIMES BESTSELLER • ECPA BESTSELLER • “When it comes to the intersection of race, privilege, justice, and the church, Tasha is without question my best teacher. Be the Bridge is THE tool I wish to put in every set of hands.”—Jen Hatmaker WINNER OF THE CHRISTIAN BOOK AWARD® • Winner of the Christianity Today Book Award • A leading advocate for racial reconciliation calls Christians to move toward deeper understanding in the midst of a divisive culture. In an era where we seem to be increasingly divided along racial lines, many are hesitant to step into the gap, fearful of saying or doing the wrong thing. At times the silence, particularly within the church, seems deafening. But change begins with an honest conversation among a group of Christians willing to give a voice to unspoken hurts, hidden fears, and mounting tensions. These ongoing dialogues have formed the foundation of a global movement called Be the Bridge—a nonprofit organization whose goal is to equip the church to have a distinctive and transformative response to racism and racial division. In this perspective-shifting book, founder Latasha Morrison shows how you can participate in this incredible work and replicate it in your own community. With conviction and grace, she examines the historical complexities of racism. She expertly applies biblical principles, such as lamentation, confession, and forgiveness, to lay the framework for restoration. Along with prayers, discussion questions, and other resources to enhance group engagement, Be the Bridge presents a compelling vision of what it means for every follower of Jesus to become a bridge builder—committed to pursuing justice and racial unity in light of the gospel.

the bridge wellness south: Wellness Nathan Hill, 2024-07-23 The New York Times best-selling author of *The Nix* is back with a poignant and witty novel about marriage, the often baffling pursuit of health and happiness, and the stories that bind us together. From the gritty '90s Chicago art scene to a suburbia of detox diets and home-renovation hysteria, Wellness reimagines the love story with a healthy dose of insight, irony, and heart. A hilarious and moving exploration of a modern marriage that astounds in its breadth and intimacy. —Brit Bennett, author of *The Vanishing Half* When Jack and Elizabeth meet as college students in the '90s, the two quickly join forces and hold on tight, each eager to claim a place in Chicago's thriving underground art scene with an appreciative kindred spirit. Fast-forward twenty years to married life, and alongside the challenges of parenting, they encounter cults disguised as mindfulness support groups, polyamorous would-be suitors, Facebook wars, and something called Love Potion Number Nine. For the first time, Jack and Elizabeth struggle to recognize each other, and the no-longer-youthful dreamers are forced to face their demons, from unfulfilled career ambitions to painful childhood memories of their own dysfunctional families. In the process, Jack and Elizabeth must undertake separate, personal excavations, or risk losing the best thing in their lives: each other.

the bridge wellness south: Extreme Wellness Sholom Gootzeit, 2022-02-14 Sholom Gootzeit is a doctor of osteopathic medicine serving patients in the Greater Phoenix, Arizona, area. His seventy-year life journey has taken him from his birthplace in the Bronx across many different adventures and life experiences, ranging from working for years as a lifeguard on Long Island, to trying his hand at music and stand-up comedy, to years of working with his dad with children with severe developmental disabilities, and ultimately, to serving as a physician specializing in regenerative medicine and helping patients overcome what are, in some cases, lifelong injuries and physical trauma. Along the way, Dr. Gootzeit has taken those life experiences, missteps, and assorted experiences and developed his own worldview on health, fitness, medical fallacies, and the underlying causes of pain and its relief. *Extreme Wellness* is his attempt to distill those learnings and experiences in a small, easy-to-read, and easy-to-understand volume to help readers find their own best paths to a life without pain. Along the way, readers will encounter many adventures in lifeguarding, accompany the writer through the trials and tribulations of trying to master performing arts, learn along with him from some of the leaders in the ever-advancing art and science of regenerative medicine, and even take a look behind the curtain at some of the ills affecting health care, politics, and culture in today's United States. Through far-flung and wide-ranging anecdotes, combined with extensive medical knowledge and years of firsthand experience, Dr. Gootzeit shows

the reader how to approach treating both the physical ailments that come from daily life and also the value of finding their own paths and applying their own learning and experiences in creating a life imbued with extreme wellness.

the bridge wellness south: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. *Communities in Action: Pathways to Health Equity* seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

the bridge wellness south: Singapore in 3 Days ,

the bridge wellness south: *Wellness Architecture and Urban Design* Phillip James Tabb, Lahra Tatriele, 2024-09-06 Wellness is a contemporary concept with deep ancient roots promoting preventative and holistic activities, lifestyle choices, and salient architecture and urban design practices. *Wellness Architecture and Urban Design* presents definitions, an analysis of the wellness literature, and a brief history of the wellness movement. Specific planning and design strategies are presented citing examples worldwide and emphasizing the importance of wellness considerations at all scales of the built environment from rooms to cities. Both case studies offer fully integrated and comprehensive wellness design approaches creating resilient and life-enhancing wellness through each of the architecture and urban design scales. The book will be of interest to practitioners and students working in urban design, landscape architecture, architecture, planning, and affiliated fields.

the bridge wellness south: *Health and Wellness* Calvin Ellison, 2006-08 You should live forever and never be sick. That was God's original plan for man. Sickness, disease, poverty and death were never intended to be in the vocabulary or experience of any human being. It was only after the fall of man that these enemies of God gained entrance into the human arena. It is the purpose of this book to help you have good health success from a holistic, biblical viewpoint. It is chocked full of ideas, information, and illustrations. There are charts and lists, a bibliography and an index. There is even a section for you to keep a journal so so that these dynamic principles can become a practical part of your personal health plan.

the bridge wellness south: Wellness 101 Gloria Treister, HHP, 2023-12-01 Discover a Healthier You with *Wellness 101: Simple Steps to Good Health* "It's Easier Than You Think! Are you tired of feeling confused when it comes to your health? Do you need help navigating the overwhelming world of online health advice? Say goodbye to confusion and take charge of your well-being with *Wellness 101: Simple Steps to Good Health*. Get ready to embark on a transformative journey toward a happier, healthier life. Simplicity for a Better Life Wellness can be confusing, but not anymore. *Wellness 101* is here to simplify it all for you. Say goodbye to the health overwhelm and hello to a simple, actionable approach to feeling your best. It distills wellness down to its simplest form so that anyone, regardless of their background, can thrive and age well. Your Personalized Wellness Plan In 'Wellness 101,' you will get to know about every aspect of your lifestyle - from what you eat and how you move to managing stress, improving sleep, boosting brain

health, optimizing nutrition, understanding lab testing and minimizing your exposure to toxins in the simplest way possible. This isn't just another health book; it's your own customized roadmap to vitality. It empowers you to create simple, practical steps that seamlessly fit into your life. Unlock the Secrets to Longevity But Wellness 101 isn't your typical wellness guide. It's a comprehensive toolkit packed with straightforward tips, user-friendly forms, hands-on activities, clear-cut charts, and motivational quotes to excite and inspire you. Each section is like a friendly hand guiding you toward a happier, healthier you. Wellness 101 is all about making wellness achievable, fun and impactful. Take Control of Your Well-being No more relying on others – it's time for you to become the CEO of your own health. Your body is your lifelong home, and it's time to treat it right. Inside Wellness 101, you'll discover how to reduce inflammation, replenish essential nutrients, explore effective therapies, craft a simple nutrition plan, and find an exercise routine that doesn't feel like a chore. Plus, you will learn how to avoid the everyday toxins that compromise our health. It's all about putting the power back in your hands! Embrace a New Wellness Mindset It's time to shift gears – from being reactive to proactive when it comes to your health. Wellness 101 gives you the essential knowledge to understand what wellness truly means. It takes you on a transformational journey toward self-empowerment and well-being, a journey that will ignite a fire within you. Empowerment Through Knowledge But Wellness 101 isn't just a book; it's your ticket to becoming a savvy healthcare consumer. You'll learn how to ask the right questions and make informed decisions, ultimately saving you money and sidestepping unnecessary medical interventions. Say goodbye to needless pain and hello to a brighter, healthier future! Your Journey Starts Now In Wellness 101, your transformation isn't just about health – it's about embracing life to the fullest. Let the pages of this book inspire you, excite you, and infuse your life with a newfound sense of purpose. Your well-being is within reach – seize it with Wellness 101: Simple Steps to Good Health. Start your transformation today! Your best days are yet to come, and they begin with Wellness 101. Get your copy today and embark on your life-changing adventure.

the bridge wellness south: Wellness Centers Joan Whaley Gallup, 1999-04-26 Bringing together the best aspects of ambulatory care, complementary medicine, and fitness clubs under one roof, wellness centers are poised to become an essential vehicle of healthcare delivery for the 21st century. Although wellness-based programs have been instituted by nearly every hospital system in North America, very little has been published on this rapidly emerging building type. Wellness Centers enables design professionals and others to understand the fitness and healthcare requirements of these facilities, and to address them effectively in their work. Providing essential insights into balancing the healthcare and retail demands of wellness centers, Joan Whaley Gallup reviews every step of the planning and development process, addressing project assessment, financing, programming, and marketing. She draws on her extensive expertise in creating wellness centers to cover a full range of development and design considerations, including design guidelines for lobby/waiting areas, clinical space, administrative areas, pools, saunas, and indoor gardens. Finally, an inspiring project portfolio profiles an impressive roster of successful wellness centers from around the world. With useful information on code compliance, plus floor plans, schematic designs, and more, this book is a vital professional resource for anyone involved in wellness center design, planning, or management. The wellness center is the most positive, nurturing, life-affirming building type ever to evolve in the history of healthcare facilities design. . . . By turning inside out the trends of past centuries, we can now focus on wellness. We can create buildings that will nurture and sustain us, healing environments that will serve to support happy, life-enhancing activities. Centers for wellness are centers for life.-from the Preface The first book of its kind, Wellness Centers offers design professionals and others complete cutting-edge coverage of these complex new facilities, from planning and development issues to design guidelines and case examples of successful wellness centers from around the world. Written by an architect with extensive experience in the field, this book provides a firm foundation in wellness center design, planning, and management-essential reading for anyone involved in this rapidly growing area of healthcare design.

the bridge wellness south: Qi Gong for Total Wellness Baolin Wu, Jessica Eckstein, 2013-10-29

Qi Gong for Total Wellness is a clear, illustrated guide to Qi Gong, the ancient self-healing art that combines movement, meditation, and visualization to boost energy and improve health. Author Baolin Wu specializes in Nine Palaces Solar Qi Gong which works with the energy of the sun, and trains practitioners to expel toxins and intake healthy qi through the nine openings--palaces-- of the body. This introduction to the concepts of Qi Gong and contains exercises and methods pertaining to each part of the body, with clear instructions how to accurately apply the methods of Solar Qi Gong to increase physical and mental health using this ancient art.

the bridge wellness south: Health and Wellness Barbara Wexler, 2006-09 Contains information and statistics on topics related to illness among Americans, providing a definition of health and wellness, and covering disease prevention and diagnosis, genetics, chronic, degenerative, and infectious diseases, mental health, and complementary and alternative medicine.

the bridge wellness south: The Pig Book Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, The Pig Book proves one thing about Capitol Hill: pork is king!

the bridge wellness south: Health Professions Education Institute of Medicine, Board on Health Care Services, Committee on the Health Professions Education Summit, 2003-07-01 The Institute of Medicine study Crossing the Quality Chasm (2001) recommended that an interdisciplinary summit be held to further reform of health professions education in order to enhance quality and patient safety. Health Professions Education: A Bridge to Quality is the follow up to that summit, held in June 2002, where 150 participants across disciplines and occupations developed ideas about how to integrate a core set of competencies into health professions education. These core competencies include patient-centered care, interdisciplinary teams, evidence-based practice, quality improvement, and informatics. This book recommends a mix of approaches to health education improvement, including those related to oversight processes, the training environment, research, public reporting, and leadership. Educators, administrators, and health professionals can use this book to help achieve an approach to education that better prepares clinicians to meet both the needs of patients and the requirements of a changing health care system.

the bridge wellness south: Fodor's South Florida Fodor's Travel Guides, 2021-05-11 Whether you want to snorkel in the Keys, relax on Miami Beach, or tour the Everglades, the local Fodor's travel experts in South Florida are here to help! Fodor's South Florida: With Miami, Fort Lauderdale, and the Keys guidebook is packed with maps, carefully curated recommendations, and everything else you need to simplify your trip-planning process and make the most of your time. This new edition has an easy-to-read layout, fresh information, and beautiful color photos. Fodor's South Florida travel guide includes: AN ILLUSTRATED ULTIMATE EXPERIENCES GUIDE to the top things to see and do MULTIPLE ITINERARIES to effectively organize your days and maximize your time MORE THAN 20 DETAILED MAPS to help you navigate confidently COLOR PHOTOS throughout to spark your wanderlust! HONEST RECOMMENDATIONS FROM LOCALS on the best sights, restaurants, hotels, nightlife, shopping, performing arts, activities, side-trips, and more PHOTO-FILLED "BEST OF" FEATURES on "Best Beaches in South Florida," "Best Day Trips From Miami," and more TRIP-PLANNING TOOLS AND PRACTICAL TIPS including when to go, getting around, beating the crowds, and saving time and money HISTORICAL AND CULTURAL INSIGHTS providing rich context on the local art, architecture, cuisine, and more SPECIAL FEATURES on "An

Art Lover's Guide to Miami," "What to Watch and Read Before You Visit," "What to Eat and Drink," "Art Deco Guide" and "The Everglades" LOCAL WRITERS to help you find the under-the-radar gems UP-TO-DATE COVERAGE ON: Miami and Miami Beach with South Beach, Wynwood, Brickell, the Design District, Coconut Grove, Coral Gables, Little Havana, Aventura, and Bal Harbour; Fort Lauderdale; Hollywood; Palm Beach; Everglades National Park; and the Florida Keys with Key West, Key Largo, Bahia Honda Key, and Dry Tortugas National Park. Planning on visiting Florida? Check out Fodor's Florida and Fodor's Florida Keys. *Important note for digital editions: The digital edition of this guide does not contain all the images or text included in the physical edition. ABOUT FODOR'S AUTHORS: Each Fodor's Travel Guide is researched and written by local experts. Fodor's has been offering expert advice for all tastes and budgets for over 80 years. For more travel inspiration, you can sign up for our travel newsletter at fodors.com/newsletter/signup, or follow us @FodorsTravel on Facebook, Instagram, and Twitter. We invite you to join our friendly community of travel experts at fodors.com/community to ask any other questions and share your experience with us!

the bridge wellness south: Luxembourg Tim Skelton, 2024-06-24 This new, thoroughly updated fifth edition of Bradt's Luxembourg remains the only comprehensive, English-language guidebook to focus exclusively on this small but fascinating European country, where public transport is now entirely free. Reviews of the best places to stay and eat in all price categories, from luxury to budget, sit alongside information about every museum and significant place of interest, plus in-depth guides to local food, drink, language and culture, and advice on the best cycling and hiking trails, many of the latter having been personally explored by the author. This diminutive European state punches above its weight and is celebrated for everything from its early pioneering of commercial broadcasting with Radio Luxembourg to the fact that it has won the Eurovision Song Contest five times, while Luxembourg riders have won the Tour de France five times too. A foodie paradise, the country offers its own unique cuisine (a fusion of French and German influences) and perhaps the densest collection of Michelin-starred restaurants in the world. Short distances and easy travelling (whether by public transport or driving) mean a lot can be covered in a relatively brief visit, from sixty medieval castles to plentiful opportunities for outdoors enthusiasts, including long-distance international walking trails linking with the Belgian Ardennes and German Eifel. Military history is also covered, notably the sites of the Battle of the Ardennes and Hamm American Military Cemetery (the burial place of General Patton), as are details of the most popular sites such as Vianden and Luxembourg City's Museum of Modern Art. New for this edition are: the Royal Hamilius complex in Luxembourg City (designed by architect Sir Norman Foster); the post-renovation, UNESCO-listed Pétrusse casemates; infrastructure upgrades such as extensions to the City's tram line and ever-easier train and aeroplane access; details on the new cultural and art spaces in Esch-sur-Alzette (a European City of Culture in 2022); new wine-related events in the Moselle; a new Slate Museum in Haut-Martelange; and the Mëllerdall Nature and Geopark's inclusion in UNESCO's network of global geoparks. With so much in Luxembourg to surprise you, Bradt's Luxembourg is the perfect travel companion.

the bridge wellness south: Global Food Security and Wellness Gustavo V. Barbosa-Cánovas, Gláucia María Pastore, Kezban Candoğan, Ilce G. Medina Meza, Suzana Caetano da Silva Lannes, Ken Buckle, Rickey Y. Yada, Amauri Rosenthal, 2017-05-05 This book is based on selected papers from keynote and symposium sessions given at the 16th International Union of Food Science and Technology (IUFoST) World Congress, held in Foz do Iguaçu, Brazil August, 2012. The theme of the Congress was the challenges faced by food science in both the developed and developing regions of the world. The symposia featured prominent world-renowned keynote and plenary speakers, young researchers, and the technical sessions covered the whole spectrum of basic and applied food science and technology, including consumer issues and education, diets and health, ethnic foods, and R&D.

the bridge wellness south: South Omaha Veterans Memorial Bridge, Omaha, Nebraska and Council Bluffs, Iowa , 2005

the bridge wellness south: Medical Tourism and Wellness Frederick J. DeMicco, 2017-04-28 Medical Tourism and Wellness: Hospitality Bridging Healthcare (H2H) takes a systems approach to examining the growing field of medical tourism, one of the field's hottest niches, with billions of dollars spent each year. This important book fills the need for a modern management book that looks at medical tourism in depth from a medical and hospitality operational management perspective. Growing numbers of people are going abroad to find affordable quality medical care for both necessary and cosmetic medical services. When they require surgery or dental work, they combine it with a trip to the Taj Mahal, a photo safari on the African veldt, or a stay at a luxury hotel—or at a hospital that feels like one—all at bargain-basement prices. The book takes a comprehensive look at medical tourism, covering such topics as: The history of medical tourism Why patients/tourists decide to travel for medical care The role of professional facilitators of medical tourism Key countries and medical disciplines in medical tourism Transportation, food, entertainment, and hotel/hospitality services Hotel and spa designs for medical tourism Best practices in medical tourism Patient follow-up after medical discharge Future trends in medical tourism Careers in medical tourism With the inclusion of case studies, the book provides a comprehensive look into this growing trend and will be valuable to upper-level undergraduate and graduate students in health care administration and those pursuing MBAs in healthcare, medical students pursuing a management focus, and students in hospitality management. It will also be a must-have resource for professionals working in hotels and in health care.

the bridge wellness south: Health and Wellness Tourism Marta Peris-Ortiz, José Álvarez-García, 2014-11-18 This book aims to contribute to the literature and aid in developing a theoretical and practical framework in the area of health and wellness tourism. With contributions and research from different countries using a practical approach, this book is an essential source for students, researchers and managers in the health and wellness tourism industry. Recently, there has been an increased interest in health and wellness due to greater life expectancy, aging populations, increasing levels of stress among others. In this context, the concepts of health, wellness, beauty, relaxation, and tourism can be combined to satisfy the needs of people seeking better quality-of-life. This has given rise to health and wellness tourism, a new market segment that contributes to employment and economic growth in the new economy. Health and wellness tourism involves two aspects: therapeutics, which seeks to cure certain diseases; and relaxation and leisure. As an alternative to traditional tourism, health and wellness tourism provides a new means of achieving regional and local development from a demographic, social, environmental and economic point-of-view. It contributes to tourist destinations' economic growth, acting as a pillar to support other complementary activities. In short, health and wellness tourism contributes to employment growth and regional wealth, contributes to tourism seasonality, promotes quality in tourism destinations, helps create new tourist services with high value, promotes establishment of international cooperation networks, and yields a number of additional benefits. Featuring a variety of programs and initiatives from different regions, with an emphasis on thermal and thalassotherapy establishments, this volume sheds light on this emerging market segment and its implications for economic and policy development.

the bridge wellness south: Promoting Health and Wellness in Underserved Communities Anabel Pelham, Elizabeth Sills, 2023-07-03 Starting from the premise that our health status, vulnerability to accidents and disease, and life spans – as individuals and communities – are determined by the organization, delivery, and financing (or lack thereof) of health care, this book explores how educators and community caretakers teach the complex web of inter-connection between the micro level of individual health and well-being and the macro level of larger social structures. Through the lenses of courses in anthropology, ESL, gerontology, management information systems, nursing, nutrition, psychology, public health, and sociology, the contributors offer examples of intergenerational and interdisciplinary practice, and share cutting-edge academic creativity to model how to employ community service learning to promote social change.

the bridge wellness south: Transit Operator Health and Wellness Programs Mary Joyce

McGlothlin Davis, 2004 The report documents current information on prevention and intervention strategies and resources that can be used by transit agencies. It offers survey information obtained from individuals with the responsibility for managing health and wellness programs. This synthesis covers the state of the practice at 14 U.S. transit agencies of various sizes, operating different modes, in diverse locales around the nation.

the bridge wellness south: Charting a Course to Wellness Treena Kerr, Graham Kerr, 2004 The host of *Cooking Light* and the former *Galloping Gourmet* shares his secrets for healthy living Part autobiography, part cookbook, part inspiration, this book shows how to create a healthy lifestyle and a new way of eating. Celebrity chef and world famous nutrition and healthy eating expert Graham Kerr and wife Treena describe their 33-year journey from an indulgent, destructive lifestyle to one that is healthy and healing, a change made necessary by Treena's heart attack and diabetes. Readers can use a food preference list to include foods they love in the recipes from the Kerr kitchen. There are 300 great-tasting fruit and vegetable recipes, and 180 recipes from Graham Kerr's highly popular public television show, *The Gathering Place*.

the bridge wellness south: The Wellness Remodel Christina Anstead, Cara Clark, 2020-04-14 The star of HGTV's *Flip or Flop* Christina Anstead partners with celebrity nutritionist Cara Clark to help women remodel their lives—in mind, body and spirit. Christina Anstead, star of HGTV's *Flip or Flop* and *Christina on the Coast*, is known for her boundless energy, positive attitude, and radiant looks. But what was hidden from fans of her popular television shows was a very real health crisis, including a diagnosis of autoimmune disease, infertility, and the emotional and physical exhaustion of going through a divorce with two young children—all in the public eye. The stress of managing it all wreaked even more havoc on her already strained body. It wasn't until Christina met nutritionist Cara Clark that she discovered a path that allowed her to regain her health and heal in body and mind. In *The Wellness Remodel*, Christina chronicles her health journey and shares what she's learned about the importance of creating balance and prioritizing physical and mental self-care. Divided into three parts—"Gut Rehab" (food and nutrition); "Building a Strong Foundation" (exercise); and "The Rewire" (mindfulness)—the book will be an accessible guide to full-body wellness, offering simple strategies anyone can put into action for immediate results. Christina and Cara will also share their simple cooking strategies built for the real world of working parents and busy weeknights, including sixty of their favorite recipes, complete with beautiful photos and easy-to-follow instructions. Inspiring, informative, fun, and empowering, *The Wellness Remodel* will give readers everything they need to nourish the body, keep it strong, and help their spirit flourish.

the bridge wellness south: Tourism and Wellness Bryan S. R. Grimwood, Heather Mair, Kellee Caton, Meghan Muldoon, 2018-11-15 *Tourism and Wellness: Travel for the Good of All?* enhances academic understandings and analyses of tourism as a social and worldmaking force by situating broad questions of well-being, health, and equity within the scaffolds of critical tourism studies. Contributors touch on power and politics, space and place, reflexivity and relationships, values and affect, and inequality and equity as viewed through critically informed and social justice perspectives. This collection of cutting-edge, critical tourism analyses contextualizes and disrupts how wellness is understood in tourism. For more information, check out *A Conversation with the Editors of Tourism and Wellness: Travel for the Good of All?*

the bridge wellness south: Wellness for a Healthy Asia Asian Development Bank, 2021-10-01 The health and well-being of Asians took a battering during the coronavirus disease (COVID-19) pandemic. Wellness, or the active pursuit of activities for holistic health, is vital for a sound mind and body. As such, now is an opportune time to take stock of the current state of wellness and the wellness economy in Asia. Asians are blessed with rich wellness traditions they can leverage in their quest for mental and physical health. This timely book examines the key drivers of the demand for wellness in the region. It also sets out concrete policy options for promoting wellness among all Asians.

the bridge wellness south: The Shale Dilemma Shanti Gamper-Rabindran, 2017-11-30 The US shale boom and efforts by other countries to exploit their shale resources could reshape energy

and environmental landscapes across the world. But how might those landscapes change? Will countries with significant physical reserves try to exploit them? Will they protect or harm local communities and the global climate? Will the benefits be shared or retained by powerful interests? And how will these decisions be made? The Shale Dilemma brings together experts working at the forefront of shale gas issues on four continents to explain how countries reach their decisions on shale development. Using a common analytical framework, the authors identify both local factors and transnational patterns in the decision-making process. Eight case studies reveal the trade-offs each country makes as it decides whether to pursue, delay, or block development. Those outcomes in turn reflect the nature of a country's political process and the power of interest groups on both sides of the issue. The contributors also ask whether the economic arguments made by the shale industry and its government supporters have overshadowed the concerns of local communities for information on the effects of shale operations, and for tax policies and regulations to ensure broad-based economic development and environmental protection. As an informative and even-handed account, The Shale Dilemma recommends practical steps to help countries reach better, more transparent, and more far-sighted decisions.

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generations of people how to travel the world.' □ Fairfax Media (Australia)

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the bridge wellness south: Born a Crime Trevor Noah, 2016-11-15 #1 NEW YORK TIMES BESTSELLER • More than one million copies sold! A “brilliant” (Lupita Nyong’o, Time), “poignant” (Entertainment Weekly), “soul-nourishing” (USA Today) memoir about coming of age during the twilight of apartheid “Noah’s childhood stories are told with all the hilarity and intellect that characterizes his comedy, while illuminating a dark and brutal period in South Africa’s history that must never be forgotten.”—Esquire Winner of the Thurber Prize for American Humor and an NAACP Image Award • Named one of the best books of the year by The New York Time, USA Today, San Francisco Chronicle, NPR, Esquire, Newsday, and Booklist Trevor Noah’s unlikely path from apartheid South Africa to the desk of The Daily Show began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. Living proof of his parents’ indiscretion, Trevor was kept mostly indoors for the earliest years of his life, bound by the extreme and often absurd measures his mother took to hide him from a government that could, at any moment, steal him away. Finally liberated by the end of South Africa’s tyrannical white rule, Trevor and his mother set forth on a grand adventure, living openly and freely and embracing the opportunities won by a centuries-long struggle. Born a Crime is the story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man’s relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life. The stories collected here are by turns hilarious, dramatic, and deeply affecting. Whether subsisting on caterpillars for dinner during hard times, being thrown from a moving car during an attempted kidnapping, or just trying to survive the life-and-death pitfalls of dating in high school, Trevor illuminates his curious world with an incisive wit and unflinching honesty. His stories weave together to form a moving and searingly funny portrait of a boy making his way through a damaged world in a dangerous time, armed only with a keen sense of humor and a mother’s unconventional, unconditional love.

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workplace fulfillment and thriving.

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the bridge wellness south: Die Brug Karen Kingsbury, 2012 Waarom gebeur wonderwerke en tweede kanse altyd gedurende Kerstyd? Die Brug, 'n splinternuwe roman deur die New York Times topverkoperskrywer Karen Kingsbury, vertel die hartroerende verhaal van twee paartjies wat liefde en betekenis in 'n boekwinkel gevind het en wat geraak is deur die soort wonderwerk wat slegs tydens Kerstyd plaasvind - die wonderwerk van 'n tweede kans. Kelly Allen woon in Portland, maar het haar hart verloor in Franklin waar sy vyf jaar gelede die man agtergelaat het wat sy nog nooit kon vergeet nie. Ná 'n aantal jare weg, woon Kade Henderson nou weer in Franklin. Hier he.

the bridge wellness south: Southeast Corridor Project, Denver , 1999

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the bridge wellness south: *Top 10 Cape Town and the Winelands* Philip Briggs, 2008-09-01 Drawing on the same standards of accuracy as the acclaimed DK Eyewitness Travel Guides, The DK Top 10 Guides use exciting colorful photography and excellent cartography to provide a reliable and useful pocket-sized travel. Dozens of Top 10 lists provide vital information on each destination, as well as insider tips, from avoiding the crowds to finding out the freebies, TheDK Top 10 Guides take the work out of planning any trip. Cape Town is one of the most visited cities in Africa and is perched on a rugged stretch of land at the very tip of the continent, pounded by two thundering oceans and dominated by the iconic Table Mountain. With enough heart-pumping activities, from abseiling to paragliding, as well as more relaxed outings to beaches, vineyards and museums, the city easily captivates the visitor. From Robben Island to excursions to the Winelands and from the city’s historic center, Cape Town with lots on offer.

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