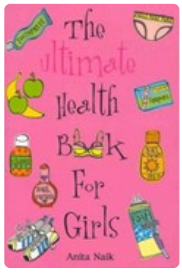

Ultimate health book for girls

https://libraries.phsa.ca/permalink/catalog104736

Naik, Anita. London: Macmillan Publishers Limited , 2002. 2nd Edition. (Book) — 1 copy, 1 available

Audience:	Patient or Public
Agency:	BC Children's and Women's
Location:	Family Support & Resource Centre
Call Number:	YOUTH GL 200.8 NAI 2002

> *Gives advice for teenage girls on sexual health, periods, bras, staying healthy, healthy skin and nails, alternative health and emotional health. Includes chapters on mental health (ie., depression, phobias, headaches, seasonal affective disorders, etc) and general health (ie., asthma, allergies, h…*