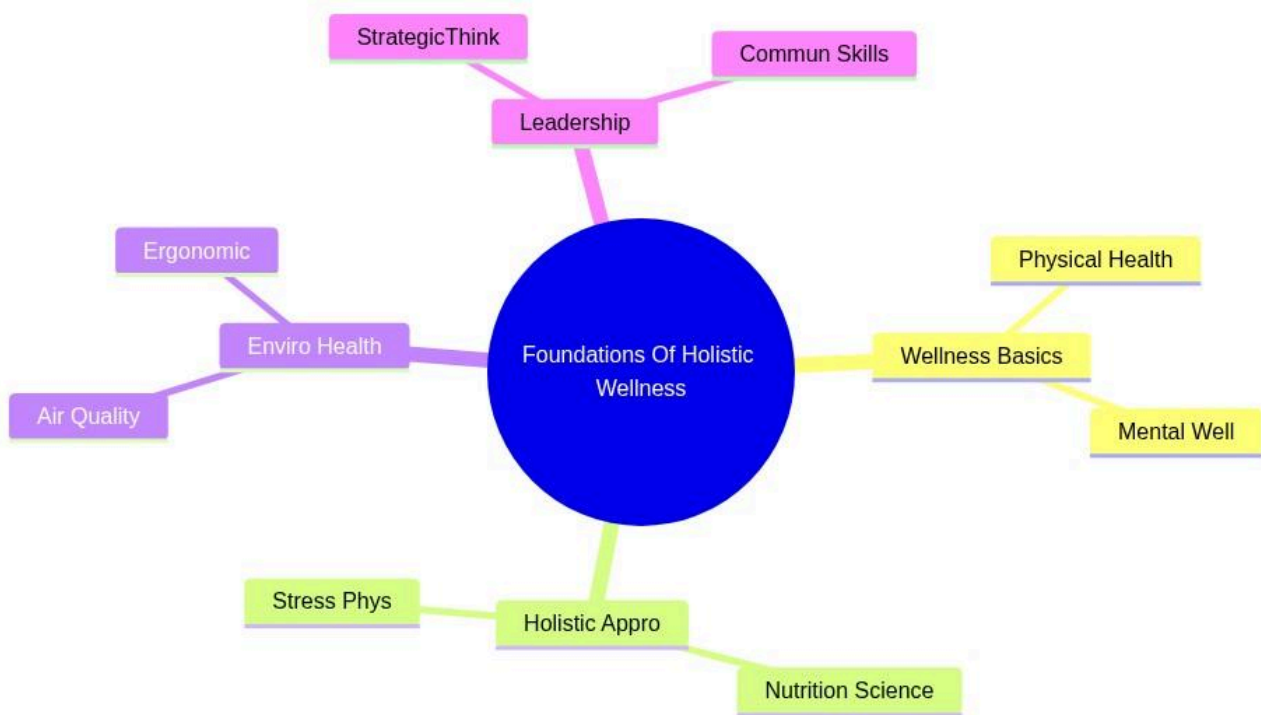


Global Certificate in BioHacking for Leadership in Holistic Wellness

# Foundations Of Holistic Wellness



mindmap

```
root((Foundations Of Holistic Wellness))
  Wellness Basics
    Physical Health
    Mental Well
  Holistic Appro
    Nutrition Science
    Stress Phys
  Enviro Health
    Air Quality
    Ergonomic
  Leadership
    StrategicThink
    Commun Skills
```