

Life Links

There are four human demensions within each of us. We must work on each demension daily to keep our lives healthy and in balance. We have discovered helpful links for each one--enjoy!

Physical

Mental

<http://www.mypyramid.gov/>

<http://www.foodfit.com/>

<http://www.whfoods.org/recipestoc.php>

<http://www.presidentschallenge.org/>

<http://www.fitness.gov/>

<http://www.mayoclinic.com/>

<http://www.smart-kit.com/>

<http://www.languageisavirus.com/>

<http://www.alzscot.org/pages/riskreduction.htm>

Emotional

Spiritual

<http://www.ihhp.com/>

http://www.helpguide.org/mental_emotional_health.htm

<http://www.webmd.com/balance/default.htm>

<http://quiz.ivillage.com/health/tests/eqtest2.htm>

<http://www.funderstanding.com/eq.cfm>
<http://www.biblegateway.com/>

<http://mosaic.org/>

<http://www.crosswalk.com/>

<http://www.cptryon.org/prayer/>

<http://www.allaboutgod.com/quiet-time.htm>

<http://www.quiettime.org>