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Cristina Rodenbeck: Executive Wellness Coach and Corporate
Wellness Curator Anspaugh Wellness Concepts And Applications
He is a certified Fitness/wellness instructor from the American
College of Sports Medicine. In addition to being widely published in
scholarly refereed journals, Dr. Anspaugh is co-author of the best-
selling wellness text *Wellness: Concepts and Applications* and
Developing Health Promotion Programs, both published by
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Epidemiology Concept of Health & Disease 4. 4 Objective • After the end of this session the student will be able to: • Differentiate health, wellness, and well-being.

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