

Beweeginterventies als meerwaarde bij psychisch leed



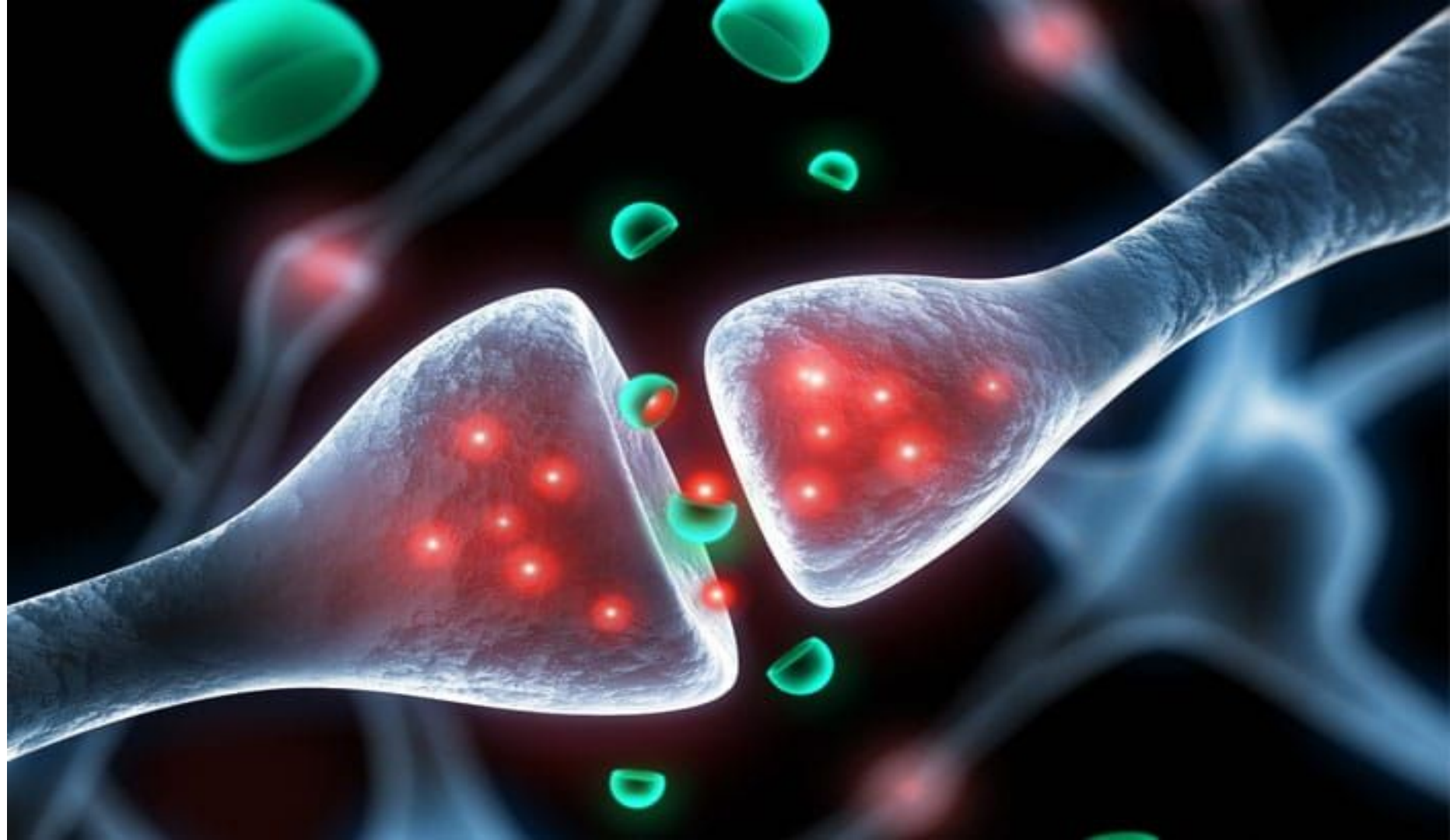
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Running:
*Cheaper than
therapy*



A close-up photograph of a doctor in a white lab coat. The doctor is holding a silver pen in their right hand and a white prescription form in their left hand. The background is blurred, showing a stethoscope around the doctor's neck. The prescription form has a large 'Rx' symbol, fields for 'DATE', 'PATIENT NAME', and 'ADDRESS', and a section for 'Prescription:' with the word 'exercise' written in blue ink.

R_x

DATE _____ PATIENT NAME _____

ADDRESS _____

Prescription:

exercise



BJARNE TIMONEN

DE LEEF STIJLGIDS

TEGEN SOMBER HEID

PRAKTISCHE GIDS

OM UIT JE DAL TE KOMEN



