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# Play for Health Across the Lifespan

Stories from the Seven Ages of Play

**Julia Whitaker**, Healthcare Play Specialist Education Trust, UK and **Alison Tonkin**, Stanmore College, UK

Play for Health Across the Lifespan uses case studies to explore the impact of play and creativity on health and wellbeing throughout the lifecycle. While play at the start of life influences future development, the authors show play also has a role in improving prospects for health and wellbeing in adulthood and later life. With contributions from specialists in health and education, community organizations and the creative and performing arts, this book will appeal to academics, students and practitioners who are interested in exploring the role of play in addressing contemporary challenges to our physical, mental and social health.

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