Healthy Behavior Change

It Begins with You

- health literacy is the first step
- get engaged and activated
- explore motivation and readiness
- recovery & resilience is shared

It Takes a Village

- look at the social determinants of health
- acknowledge the role of peers, family & community
- think about workplace

Supporting Technologies

- E-health and Health Metrics have a growing role in support
- we all need systems that are trauma informed
- put it all together and combine concepts to explore the base of healthy behavior change

Check it Out!
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