

Healthy Behavior Change



the E-Guide Road Map

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 **workplace** about

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**

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change4health.org



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