SMALL STEPS TO HEALTH AND WEALTH™ CAPACITY BUILDING TRAINING

Video Conference Training

Conducted at the University of Arizona in Tucson with Dr. Barbara O'Neill, Rutgers Cooperative Research and Extension Specialist in Financial Resource Management and Robert Lanza, Support Systems Analyst at the University of Arizona.

What you will find on the DVD

Section One: Program Components
Relationships between health & wealth and common behavior change strategies. 1 hour 17 minutes

Section Two: On Line Process
How to register for SSHW™ on-line, report progress and receive periodic motivational messages. 17 minutes

Section Three: Implementation Plan
Fitting SSHW™ into your busy schedule. 38 minutes

A companion CD is included in the dual packet with reference materials and PowerPoint used by Dr. O'Neill and the on-line registration/6–month check-up demonstrated by Robert Lanza in the training.

Take Charge America Institute for Consumer Financial Education & Research

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