

Would you like your health promotion and wellness efforts to be more effective?  
The best kept secrets of “Stealth Health” may be the answer!

## What is Stealth Health?

Individuals make thousands of decisions each day and are faced with hundreds of health choices, If we had to stop and analyze every decision completely we would never get anything done.



That is why we often look for shortcuts or clues to help us out. Stealth Health uses the latest evidence from health psychology, persuasion science and behavioral economics.

It provides a solution for “nudging” people to take action for their health and well-being.



### About the trainer:

Zena Edwards is a Registered Dietitian with a Masters of Science in Nutrition. She has over 10 years experience in health behavior change strategies. She is currently getting a PhD from WSU in Prevention Science with an emphasis in Health Communications.