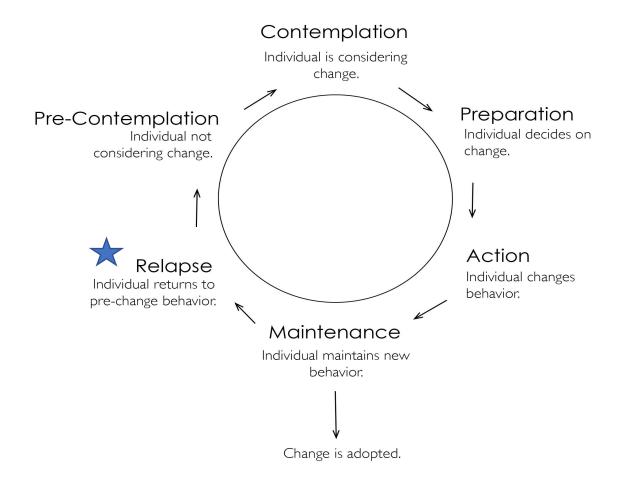
Wheel of Change



Adapted from Prochaska and DiClemente's Cycle of Change Model.

PCANY Advanced Day 2019 Page