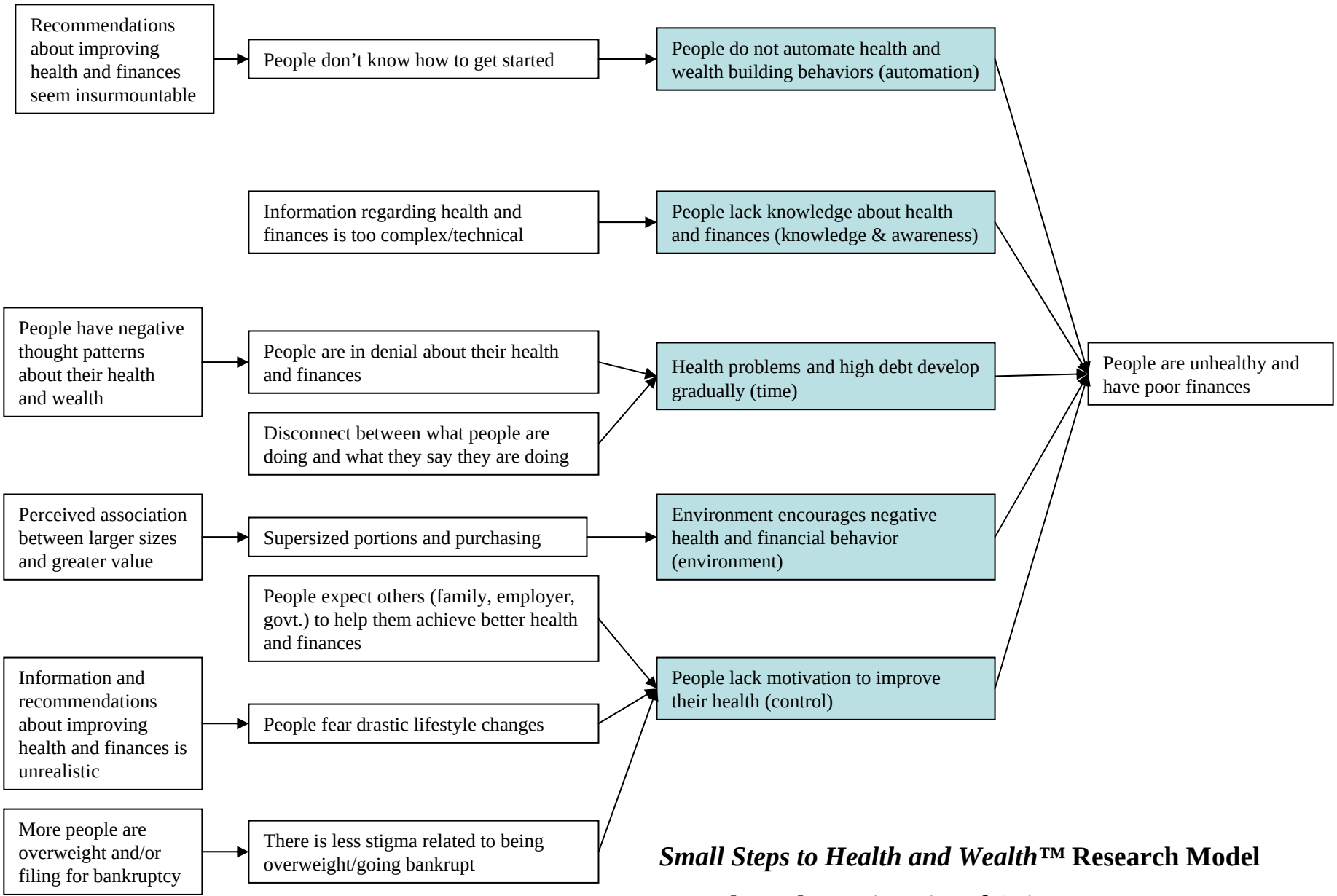

***Small Steps to Health and Wealth*™ Research Model**

Laurel Jacobs, University of Arizona