Healthy Start Virtual Grantees' Meeting
Tiny Habits Breakout Session
June 25, 2020

Nikki Maffei: Hi everyone, we are glad you are here!

Brandy White: this is awesome

Fbutler: Florence Butler love this facilitators teaching

Cristina Guerrero: great advice!

Brandy White: yes

Linda Elliott: Y

Kara: Y

Cristina Guerrero: yes

Dawn: y

Sade Blocker: Y

Cleston-lee Murray: Yep

Janet Olewe: Y

Jackie: y

wendy.osincup: Y!

dmmcghee: Y

Tangela Randall: y

Dorcas Woody: y

christinashelton: Y

Carol Melton: y

Joeleen Riklon: y

LaToya Atkins: y

LaRisha Baker: Y

Karen.Cole@centerstone.org: Y

Candice Simon: y

Felicia's iPhone: y

Catrina Miller: y

Aaron Shore: y

cindy: y

Rachel Hansen: y

Juliann Staten island, Ny Healthy Start: Y

Edna Acosta Perez: y

Leslie Hindsman: Y

judith.cheek: y

dJenkins: Y

cindy: y

Annette Frazier: y

Michelle's iPhone: y

Lazaro Lugo: Yes. It is actually quite common in this field of work

Julia Armanino: y

Fbutler: Florence butler y

Ashley Burch: y

Annette Frazier: I think that was me Annette Frazier

Nikki Maffei: The handout for this session can be found on EPIC Day 2 Agenda under the session description

dmmcghee: YOU ARE DEF IN MY KITCHEN!!! LOL

healthystart1@nichq.org: Here's a direct link to the handout:

healthystart1@nichq.org: https://www.healthystartepic.org/wp-content/uploads/2020/06/Tiny-Habits_Dec-2019.pdf

healthystart1@nichq.org: Feel free to write your questions into the chat here

Felicia's iPhone: great presentation

Fbutler: FButler

Lazaro Lugo: Great presentation. How do I measure progress and change?

Dawn: Truly life changing!!! I have already decided on a tiny habit to try out!!! Thank you very much!!!

Fbutler: Florence Butler loved your presentation!

healthystart1@nichq.org: Jane Taylor's presentation on quality improvement (slides and recording to be shared soon) might offer some tips as well.

Carol Melton: What method is it?

Carol Melton: Reference information please

Carol Melton: Training available?

healthystart1@nichq.org: We have a question from one of the attendees - “Can you talk about how celebration is sometimes awkward”

Carol Melton: Training available?

Lazaro Lugo: Thank you Deborah! I have been known to swing back from time to time like a pendulum when it comes to habits. Especially with weight and exercise. Can celebration trigger the negative habits again?

Carol Melton: email address?

Deborah Teplow: dteplow@instituteforwellness.com