

EASY2CARE MODEL OF THE PROBLEM

Step 01

Frontline workers are stressed, burnt out and participating in unhealthy habits contributing to poor health outcomes

Step 02

Frontline workers learn about the negative effects of trauma and social determinants of health. Learn about strategies to promote healthy living.

Step 03

Frontline workers engage in healthy lifestyles avoiding negative lifestyle habits that cause chronic conditions.

Step 04

Increased community health & wellness.
Decreased chronic conditions.

