

# CERTIFICATE OF ATTENDANCE

The Wellness Council of America certifies that

CHES/MCHES NUMBER

has successfully completed the requirements of  
*Navigating the Complex Waters of Human Behavior Change*

This certificate is presented in the year 2023 for recognition of this accomplishment and represents the attainment of basic knowledge of workplace wellness of this course.



A handwritten signature in black ink, appearing to read "Ryan Picarella", is written over a horizontal line.

RYAN PICARELLA, MS  
PRESIDENT & CEO, WELCOA



Sponsored by WELCOA, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 3.0 total Category I continuing education contact hours. Maximum advanced level continuing education contact hours available are 0. 1.0 Continuing Competency credits are available. Provider Number: PM122212.