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Benjamin Emmert-Aronson, Ph.D., is an award-winning psychologist, researcher and advocate. He is the co-founder of Open Source Wellness, a nonprofit nationally recognized for innovation in health. Open Source Wellness partners with low-income clinics and underserved communities to transform health care and health outcomes by supporting people in the actual behaviors that produce good health: eating well, exercising, reducing stress and connecting meaningfully. Participants consistently see striking improvements in their health, including a 21-point decrease in blood pressure, a 57% decrease in depression and a 77% decrease in emergency room visits. Dr. Emmert-Aronson speaks nationally on the impact of daily behaviors in creating better health, the societal forces that make it much harder for members of some communities to change daily behaviors and the health disparities this causes. Emmert-Aronson earned his M.S. degree in statistics from Columbia University and his Ph.D. degree in clinical psychology from Boston University.