

People with a disability have six times the risk of having multiple chronic illnesses than their age-matched able counterparts!

The health disparity between the able and disabled continues to widen, and the human and economic costs continue to spiral out of control.

At MovingWithHOPE, our belief is that the problems of this huge health disparity in people with disabilities are located in society, not in the individual.

There is no single solution. But any solution must go beyond tinkering. Fortunately, a solution has begun!

MovingWithHOPE has begun by providing a five-hour day program for people with physical disabilities.

This program is offered 250 days per year. We call it ***The ReturnAbility Center™***.

The ReturnAbility Center™

The program is designed to enhance the following three areas:

HEALTH

- Routine physical activity and therapeutic exercise
- Healthy eating every day
- Indoor and outdoor recreation and day trips

SOCIALIZATION

- Daily inclusion of all participants with able-bodied participants regardless of age or ability
- Group support facilitated by a certified professional

EMPLOYMENT SERVICES

- Onsite employment services including situational assessment, job seeking skills training, on-the-job and job-related support and assistance with résumé writing, interviewing, and job-related problem solving

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