



Who is it for?

The workshop is designed for people with disabilities. It supports you to make choices that can help you live the life you want.



Health & Wellbeing Workshop



What is in a workshop?

- Facilitated Discussion
 - Fun Activities
- Informative Videos
- Useful Information



Living Well in the Community includes 10 sessions on:

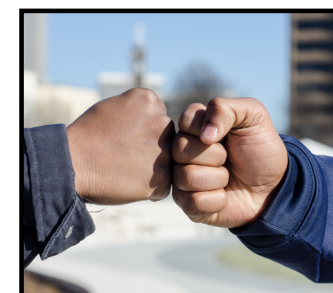
Goal Setting
Building Support
Healthy Reactions
Staying on Course
Healthy Communication
Seeking Information
Eating Well
Physical Activity
Advocacy
Maintenance



Why take the class?

This class may let you:

- Choose and work on a meaningful personal goal
- Experience peer support
- Create more possibilities in your life
- Make improvements to your health and wellness



We would love
to have you join!