



The Center
for Disability
Empowerment



*Living Well in
the Community*

HEALTH VIRTUAL WORKSHOP

For people with disabilities: Making choices that
can help you live the life you want to live.



10 WEDNESDAYS:

March 6th - May 8th | 10:00 AM-11:30 AM

Free workshop | Registration required | 10 seats available

Living Well in the Community Workshop includes 10 sessions on:

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

**Click here to register
for all sessions**

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

What is in a workshop?

- Facilitated Group Discussion
- Useful Information
- Informative Videos

*Need a reasonable accommodation to fully participate,
please send a request at least 5 days in advance of the first session:*

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