

Living *Well* in the Community

A program for people with disabilities:

- Set goals & get the support you need to achieve them
- Learn how to live your healthiest life

10 Weekly Group Sessions - Starting Soon!

\$50 GIFT CARD FOR ATTENDING ALL 10 SESSIONS

**SET HEALTH
GOALS**

**MAKE
FRIENDS**



**FUN GROUP
ACTIVITIES**

**GET
ACTIVE**

JOIN US!

Tuesdays, March 14th - May 16th

2:00-4:00pm

Snacks provided & transportation services available!

Hosted by:



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