



Missouri
Disability &
Health
Collaborative

Presents:

Charting the LifeCourse™ for Health



Are you interested in how to be active, eat well, and feel healthy? Learn how you can take control of your health.



- Create your health Vision
- Set Goals
- Make a Plan
- Find Resources
- Learn cooking skills from the [Color-Coded Chef®](#)!

Learn about community health programs and resources to help you and your family live a healthy lifestyle. We will use Charting the LifeCourse™ tools to set goals and make action plans for a healthy life.

Who is this for? People with intellectual disabilities, their family members and direct support staff, and professionals from public health, disability, recreation, and other community resource organizations.

9:30 AM - 2:30 PM

Choose from **3 Dates** and **3 Locations** • Light lunch and snacks will be served

March 22, 2019

UMKC Institute for
Human Development
215 W. Pershing Rd. 5th Floor
Kansas City, MO 64108

• Register by March 19 •

April 23, 2019

Joplin Public Library
Community Room West
1901 East 20th Street
Joplin, MO 64804

• Register by April 20 •

May 17, 2019

Special Olympics Training
for Life Campus
305 Special Olympics Drive
Jefferson City, MO 65101

• Register by May 14 •

FREE event. Please register at <https://www.surveymonkey.com/r/WDXPDWZ>.

For questions, contact Brenda.Maley@health.mo.gov



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