

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

11 Weekly Workshops - Starting 3/7/23!

**PARTICIPANTS WILL RECEIVE A \$50 GIFT CARD
UPON COMPLETION OF PRE/POST QUESTIONNAIRE**

**SET
S.M.A.R.T
GOAL**

**MAKE
FRIENDS**



**FUN GROUP
ACTIVITIES**

**GET
ACTIVE**

JOIN US!

Tuesdays, March 7th - May 23rd

1:00-3:00pm at the Orthwein Center

Snacks provided & transportation services available!

Hosted by:



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