



LIVING WELL IN THE COMMUNITY WEBINARS

Come connect with us on Zoom and learn about the following:

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

HAVE YOU EVER
WONDERED HOW
LIFESTYLE AFFECTS
DISABILITY?

DISCOVER HOW
CREATING MEANINGFUL
LIFE GOALS CAN HELP
DEVELOP A HEALTHY
LIFESTYLE

LEARN NEW SKILLS,
MEET NEW PEOPLE AND
IMPROVE YOUR QUALITY
OF LIFE BY IMPROVING
YOUR HEALTH FROM THE
COMFORT OF YOUR
HOME

**FOR MORE
INFORMATION**

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