



Disability Network Oakland & Macomb is excited to host a 10-week workshop on living well with a disability.

The healthier you are, the more you are able to do.

This 10-week workshop is designed for people with disabilities who want to learn new skills, meet new people and improve their quality of life by improving their health. Learning healthy lifestyle habits is possible and fun with the support of peers.

Living Well Michigan Workshop is based on the Independent Living Philosophy that emphasizes personal choice, self-determination and peer support as essential components for living independently in the community. Participants in Living Well Michigan Workshop develop independent living skills such as goal setting, problem solving and communication skills and have the opportunity to practice them in a supportive peer environment.

\$10 dollars for 10 meals is a steal!!

PLUS a free workshop

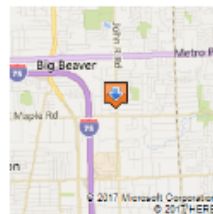
This 10-week workshop will run every Thursday from 12:00 pm to 2:30 pm.

Workshop Schedule

October 3rd: Setting Goals
October 10th: Solving Problems
October 17th: Healthy Reactions
October 24th: Beating the Blues
October 31: Healthy Communication

November 7th: Seeking Information
November 14th: Physical Activity
November 21st: Eating Well
December 5th: Advocacy
December 12th: Maintain-New You

Where
Disability Network Oakland & Macomb
1709 John R Road
Troy, MI 48083



If you have any questions or need help registering, please call Ms. Rox at 586-268-4160 ext. 6627