

Do You Care for or Provide Services for Someone with a Disability?

Then Don't Miss this Opportunity to Learn About Helping them to Achieve Physical Health and Well-Being!



Join us at The Arc of Macomb County to hear Mark Ralko, founder and president of Inclusively Fit, speak about health and physical fitness, as it relates to the disability community.

Date: Monday, January 22, 2017

Time: 9am—10am

Where: 44050 N. Gratiot Ave. Clinton Twp. 48035

RSVP: Emily Latham
elatham@arcservices.org

Mark has a passion for physical fitness and for helping children with special needs. He has a Special Education degree from Eastern Michigan University which focused on Cognitive Impaired and Adaptive Fitness studies.

Prior to opening his own facility, Mark had been working in the Special Education Department for the Birmingham Public Schools and had also launched a highly-successful, after-school Adaptive Fitness program at the YMCA.

As a society, we have to do a much better job of building community for people who have some challenges but still have the capacity to be healthy. We have an epidemic of low expectations and social isolation and the resulting health and emotional problems that ensue from that. Balance is about finding a sense of self-worth and social engagement so that you can feel good about yourself and valued by others. Everybody will have a different pathway to achieving that sense of balance. This is not just about our bodies. It's about our values.

-Timothy Shriver, Chairman and CEO, Special Olympics