



HEALTH & FITNESS WORKSHOP

Disability Health & Wellness Program Assistant, Gianna Marchesi, will be coming to ACI for a presentation on health and fitness for people with disabilities.

TOPICS WILL INCLUDE

FITNESS TIPS / HEALTHY LIVING AS A WHOLE / REVIEW HEALTHY FOODS (ORGANIC VS. NON-ORGANIC) / EXAMPLES OF EXERCISES BASED ON LEVEL OF ABILITY (WITH AUDIENCE PARTICIPATION) / FREE HEALTHY SNACKS AND GUIDES FOR ALL PARTICIPANTS!

FRI, SEPT 9TH / 11AM TO 12PM / 629 AMBOY AVE, EDISON, NJ

RSVP: ADACIL.ORG / 732-738-4388 / ACABA@ADACIL.ORG