



Who is it for?

The workshop is designed for people with disabilities. It supports you to make choices that can help you live the life you want.



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Health & Wellbeing Workshop



The University of Montana IRB
Expiration Date 12-4-2019
Date Approved 12-5-2018
Chair/Admin [Signature]

What is in a workshop?

- Facilitated Discussion
 - Fun Activities
- Informative Videos
- Useful Information



Who can participate?

1. Must be 18+
2. Sign a research agreement

Living Well in the Community includes 10 sessions on:

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



Why take the class?

This class may let you:

- Choose and work on a meaningful personal goal
 - Experience peer support
 - Create more possibilities in your life
- Make improvements to your health and wellness



We would love
to have you join!