

HAVE FUN AND GET HEALTHY



Join a health and wellbeing workshop
designed for adults with disabilities



Thursdays
April 6th- June 8th
2:00-4:00pm

Join us online!

ABOUT

This 10 session class may help you choose and work on a personal goal, experience peer support, create more possibilities in your life and make improvements to your health and wellness.

TOPICS INCLUDE

- Goal Setting
- Eating Well
- Advocacy
- Healthy Communications
- Building Support
- Physical Activity

We would love to
have you join this
fun filled workshop.

Contact Valerie Kidder for more
info or to sign up:
vkidder@gsil.org or 603-410-6505