

HEALTH & WELLBEING VIRTUAL WORKSHOP SERIES



Designed for people with disabilities, 'Living Well in the Community' supports you as you make choices that help you live the life you want! Join us for 10 sessions of facilitated discussions, fun activities, informative videos, and useful information.

FOR PERSONS WITH DISABILITIES 18+ YEARS

Our workshop series allows you to choose and work on meaningful personal goals, experience peers support, create more possibilities for yourself, and make improvements to your health and wellness. Sessions will include information on a variety of topics including:

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

**JOIN US EVERY TUESDAY BEGINNING
OCTOBER 5, 2021, 10 AM - 12 PM**

Register Via Zoom Today!

<https://livingwellinthecommunity.eventbrite.com>



**CALL US TODAY AT 706-724-6262 OR VISIT
WALTONOPTIONS.ORG TO FIND OUT MORE!**

Online registration is required to attend this training session. Accommodations are available upon request no later than 20 days prior to the training. We cannot guarantee accommodations for requests received with less than 20-day notice.

This project is supported by grant #90DP0073 from the National Institute on Disability, Independent Living, and Rehabilitation Research within the Administration on Community Living, U.S. Department of Health and Human Services. The contents and opinions expressed reflect those of the author(s), are not necessarily those of the funding agency, and should not assume endorsement by the Federal Government.