



Living Well Michigan

10-Week Workshop

Disability Network Oakland & Macomb is excited to host a 10-week workshop on living well with a disability.

The healthier you are, the more you are able to do. This 10-week workshop is designed for people with disabilities who want to learn new skills, meet new people and improve their quality of life by improving their health. Learning healthy lifestyle habits is possible and fun with the support of peers.

**\$10 dollars for 10 meals is a steal!!
PLUS a free workshop**

This 10-week workshop will run every Thursday from 12:00 pm to 3:00 pm.

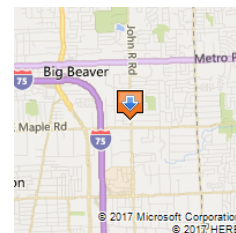
Workshop Schedule

July 11th: Setting Goals
July 18th: Solving Problems
July 25th: Healthy Reactions to Frustrations
August 1st: Beating the Blues
August 8th: Healthy Communication

August 15th: Seeking Information
August 22nd: Physical Activity
August 29th: Eating Well
September 5th: Advocacy
September 12th: Maintenance - New You

Where

Disability Network Oakland & Macomb
 1709 John R Road
 Troy, MI 48083



If you have any questions or need help registering, please call Ms. Rox at 586-268-4160 ext. 6627

Living Well Michigan Workshop is based on the Independent Living Philosophy that emphasizes personal choice, self-determination and peer support as essential components for living independently in the community. Participants in Living Well Michigan Workshop develop independent living skills such as goal setting, problem solving and communication skills and have the opportunity to practice them in a supportive peer environment.