



# 10-Week Workshop

Hosted by Disability Network  
Oakland & Macomb



**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.

Participants in this 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.

## People who participate in Living Well report:

- Improved outlook
  - Positive changes in daily activities
    - Goal achievement
    - Reduced limitations
  - Reduced healthcare costs
- After participating i now know that i can solve problems.  
I'm not overwhelmed when life just happens.

This 10-week workshop will run every Tuesday from 12:00 pm to 1:00 pm.

## Workshop Schedule

June 2nd: Setting Goals  
June 9th: Solving Problems  
June 16th: Healthy Reactions  
June 23rd: Beating the Blues  
June 30th: Healthy Communication  
July 7th: Seeking Information  
July 14th: Physical Activity  
July 21st: Eating Well  
July 28th: Advocacy  
August 3rd: Maintenance - New You

**This 10-week workshop will run every Tuesday from 12:00 - 1:00 P.M.**

**[Click Here to Register](#)**

**[Click here for more information on each workshop class](#)**

**If you have any questions or need help registering,  
contact us at [advocacy@dnom.org](mailto:advocacy@dnom.org)**

“ After participating, I now know that I can solve problems. I am not so overwhelmed when life just happens.”

“ The best part...was classmates asking me what I did over the past week to meet my goal. Setting goals gave me more motivation to hope, work, think towards a future - a positive, worthwhile, much-needed experience.”