

YOU ARE INVITED
Healthy Lifestyles:

A FREE Workshop for People with Disabilities
(MUST BE 18 YEARS OF AGE OR OLDER)



Join us for a fun and educational 6 week workshop that provides you with the knowledge, skills and resources to create a healthy lifestyle.

The Healthy Lifestyle workshop takes a holistic approach to health:

- Explore what wellness means to you
- Set your own wellness goals
- Learn from peers and make new friends

Snacks and Refreshments will be provided!

When

September 9, 16, 23, 30 and October 7, 14, 2008

Time

6:00 p.m. to 8:00 p.m.

Where

**Rocky Hill Community Center
55 Church Street, Rocky Hill**

Space is limited pre-registration is required!

To register or for more information contact:

**Denise Ramoutar
860-665-8571**

Accommodations will be provided with one-week advance notice.

