

YOU ARE INVITED

Healthy Lifestyles:

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



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

A few Healthy Lifestyle workshop topics:

- ✓ Who Are You? What do you need and do to stay healthy?
- ✓ Learn to read nutrition labels and to plan balanced meals.
- ✓ Preventing Illness: Screenings and immunizations
- ✓ Goal Setting: What do you want to do? Make it happen!
- ✓ Learn about your community resources.
- ✓ Learn from peers and make new friends.

Snacks and Refreshments will be provided!

NEW DATES

June 20 and 27, July 11, 18, and 25, and August 1

Time

1:00 p.m. to 3:00 p.m.

Where

**Newington Senior and Disabled Center
120 Cedar Street, Newington, CT 06111**

Space is limited pre-register is required!
To register or for more information contact:
Denise Ramoutar 860-665-8571

Accommodations will be provided with one-week advance notice.

