

LIVING WELL with a Disability



A FREE 10-week HEALTH PROMOTION AND WELLNESS COURSE designed to help ADULTS with physical disabilities

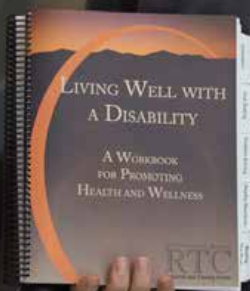
- strengthen skills
- learn consumer choice
- develop a plan
- identify goals
- gain peer support
- live a satisfying life

ABILITY360®

ADVOCACY | INDEPENDENCE | EQUALITY

LIVING WELL GRADUATE Steve Norton

"The LWD class showed me the importance of maintaining a healthy mind, body and spirit to keep on pace to achieving my goals and reducing stress factors."



Learn more

ABILITY360.ORG/LivingWell

(602) 256-2245 or lwd@ability360.org

All Ability360 locations are fragrance-free, tobacco-free environments. Please do not wear scented products or smoke when visiting any of our offices, programs or events.

Alternate format materials available upon request.

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