

Each two-hour workshop will cover a different topic related to living well. Such topics include:

- Goal Setting
- Problem Solving
- Healthy Reactions
- Beating the Blues
- Healthy Communication
- Seeking Information
- Physical Activity
- Eating Well
- Advocacy
- Maintenance



*DIRECT Center for Independence, Inc., a consumer-directed, community-based advocacy organization, promotes independent living and offers a variety of programs for all people with disabilities which encourage them to achieve their full potential and to participate in the community.*

*No fragrances please!  
To accommodate those with allergies, breathing conditions or multiple chemical sensitivities please do not smoke or wear scented products when attending DIRECT events or visiting DIRECT's office.*

*All events and programs sponsored by DIRECT are accessible and in compliance with ADA guidelines. Interpreters and materials in alternate formats will be made available upon request.*

# *Living Well with a Disability*

*A 10-WEEK HEALTH PROMOTION PROGRAM FOR ADULTS WITH DISABILITIES*



Phone: (520) 624-6452

Web site: [www.directilc.org](http://www.directilc.org)

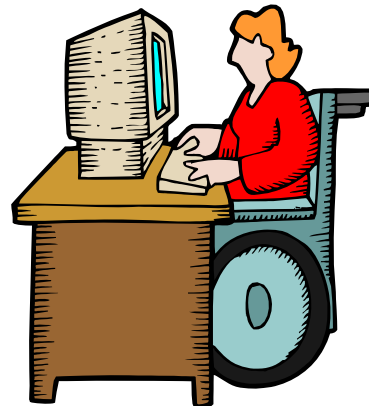
# *Living Well with a Disability*

- ✓ Do you have a disability or chronic health problem?
- ✓ Do you have trouble sleeping or experience fatigue easily?
- ✓ Do you have nagging pain that interferes with your daily life?
- ✓ Do you “get the blues” or feel depressed?
- ✓ Are you looking to meet some new friends?
- ✓ Do you want to be in better control of your life and start making things happen?



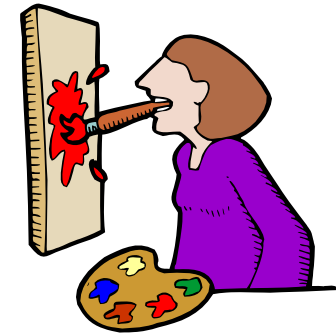
*The Living Well with a Disability program  
is just for you!*

Research shows that secondary conditions such as muscle weakness, pain, fatigue, depression, social isolation, and other chronic problems can be reduced when you learn the steps to *Living Well*.



By investing in a few hours each week you can realize an important personal goal and create a better quality of life. Many who complete *Living Well* report fewer problems with their secondary conditions and reduced use of costly medical services.

The Living Well with a Disability program is a no-cost, series of ten 2-hour workshops with an easy to follow workbook to guide you through goal setting and problem solving exercises.



A peer facilitator will help cover other topics such as healthy communications, beating the “blues”, physical activity, nutrition, advocacy, and more.

For more information or to register contact:

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