



# LIVING HEALTHIER IN 2012

## HEALTHY LIVING WORKSHOP

A free, fun, and educational 3 day workshop!  
(Must be 18 years of age or older to attend)

This workshop is an educational program created by and for people with disabilities. This program helps people with all types of disabilities learn how to live a healthy life.

## WHEN AND WHERE

JANUARY 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup>, 2012

MTA CONFERENCE CENTER: 1401 S. Dort Hwy Flint, 48503  
9:00 am until 4:00 pm (breakfast and lunch provided)

## WHAT CAN YOU LEARN?

You will learn how to:

- \*Set your own goals
  - \*Choose healthy foods
- \*Get your body moving
  - \*Keep from getting sick
- \*Deal with stress

After the workshop, participants will attend six future support group meetings for additional help in reaching goals.

**Space is limited. Register now and be a part of the fun!**

**Call Sherry Taylor at 810-257-3833**

**Co-facilitated by Adrienne Howe, Peer Support**

Workshop presented by:  
Genesee County Health Department, Genesee County Community Mental Health  
& The Disability Network  
(In collaboration with community partners)

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