



## Who is it for?

The workshop is designed for people with disabilities. It supports you to make choices that can help you live the life you want.



## Want to join an upcoming workshop?

Contact your local Center for Independent Living:

- Ability Montana
  - South Central Region
  - Voice 800-735-6457
  - abilitymt.org
- Living Independently for Today and Tomorrow (LIFTT)
  - South Eastern Region
  - 1-800-669-6319
  - TTY/TDD 406-245-1225
  - liftt.org
- North Central Independent Living Services (NCILS)
  - North Central/Hi-Line Region
  - Voice/TDD 406-452-9834
  - ncils.org
- Summit Independent Living
  - Western Region
  - Voice/TDD 406-278-1630
  - summitilc.org



## Health & Wellbeing Workshop



## What is in a workshop?

- Facilitated Discussion
  - Fun Activities
- Informative Videos
- Useful Information



## Living Well in the Community includes 10 sessions on:

Goal Setting  
Building Support  
Healthy Reactions  
Staying on Course  
Healthy Communication  
Seeking Information  
Eating Well  
Physical Activity  
Advocacy  
Maintenance



## Why take the class?

This class may let you:

- Choose and work on a meaningful personal goal
- Experience peer support
- Create more possibilities in your life
- Make improvements to your health and wellness



We would love  
to have you join!