



My Health, My Choice, My Responsibility

This is a hands-on healthy living workshop series. It's a great start to understanding and learning about how to take responsibility and manage your own health. Each session covers a health area with the focus on making healthy choices in daily life and speaking up for good health.

First session examines:

- Taking charge of your health
- Developing a health plan

Training is appropriate for people with disabilities that are in the early stages of learning to take charge of their own health and wellbeing. Materials will be provided at training.

*My Health, My Choice, My Responsibility is a health and wellness curriculum developed for adults with disabilities with support from the New York State Developmental Disabilities Planning Council. The program is the result of collaboration between the Westchester Institute for Human Development (WIHD) in Valhalla, New York and Self-advocacy Association of New York State (SANYS).



Training begins:

Tuesday, January 9th , 2018
9:30 -11:30 AM

Westchester Independent
Living Center
10 County Center Road, 2fl
White Plains, NY 10607

Registration:

Rebecka Palmer
Peer Integration Coordinator,
Peer Integration Demonstration
Pilot Program
rpalmer@wilc.org

914.682.3926 Ext. 2105



Please contact
Rebecka for any
accommodation
requests.