



HealthMatters™ Program

Empowering people with disabilities to live, learn, work and play.

The Arc US has collaborated with Public Health AmeriCorps to have two ongoing sessions of the HealthMatters™ curriculum. We are looking for participants with developmental disabilities that are interested in learning more about physical education and activity.

This **FREE** program meets the Administration for Community Living's criteria for evidence-based program to improve health options and health outcomes for people with IDD.

About the Program:

- Classes will begin October 16, 2023
- 12 weeks
- 3 times a week
- 60-90 minutes per class
- Delivered online via Zoom
- Each class will include nutrition education and a fitness / movement activity.

Objectives:

- Become stronger and healthier.
- Learn about health, nutrition, and exercise.
- Improve your self-advocacy skills and confidence.
- Meet new friends and hang out with old ones!

Family members, caregivers, and support staff are all welcome to attend, join us!

Please use the link below to register.

<https://forms.gle/jxCBZz1BWH1xeBt8>