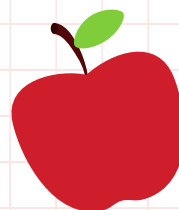


HealthMatters™ Program



JOIN US FOR...

SPRING INTO HEALTH

A five week health and wellness program created for individuals with intellectual and developmental disabilities. Learn to incorporate healthy lifestyle habits into daily living. The course will cover topics such as physical activity, nutrition, sleep, and health management using the evidenced-based Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities.

THURSDAYS | VIA ZOOM

12:00PM - 1:00PM

Instructor: Erin Shy is third year occupational therapy doctoral student at Rush University's Occupational Therapy Program. For additional questions or to sign up please email:

erin_shy@rush.edu

