



The Whole Person

People with Disabilities Leading Independent Lives

Living Well With A Disability

A health promotion workshop for people with physical limitations or chronic illness

For the general population, participation in health promotion and wellness programs has been shown to improve quality of life and overall health, reduce medical care costs, and lower mortality rates. Living Well With A Disability is a health promotion and wellness workshop designed specifically for anyone with a disability or physical limitation.

You will discover:

- How your lifestyle affects your disability
- How your meaningful life goals can help you develop healthy living habits
- How healthy living habits create new possibilities

The Living Well workshop teaches tools for helping people continue or begin to do the things they enjoy over the course of twelve weeks.

The topics in the 2-hour workshop sessions are:

- Goal setting and problem solving
- Healthy Reactions
- Managing depressed mood
- Healthy communication
- Information seeking
- Nutrition
- Physical activity
- Advocacy
- Maintaining healthy lifestyles

"After participating in Living Well, I now know that I can solve problems. I am not so overwhelmed when life just happens."



**FOR INFORMATION
REGARDING THE
NEXT CLASS, CONTACT:**

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The Whole Person assists people with disabilities to live independently and encourages change within the community to expand opportunities for independent living.



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