



The Whole Person

People with Disabilities Leading Independent Lives

DIY Life Skills

For Young Adults 18-24

HEALTHY LIFESTYLE

Join us for an inspiring workshop focused on embracing a healthy lifestyle! Discover practical tips to develop habits that nurture your well-being. Plus, enjoy a fun and creative jewelry-making activity to express your style.



Wednesday, Mar. 19th
2:00 - 3:00 pm



The Whole Person
Community Room



Scan the QR
code for more
information.



For more information, please contact
Naycole Reed at **816-659-9406** or
nreed@thewholeperson.org.

Support group meets every
3rd Wednesday of the month from
2:00 pm - 3:00 pm at **The Whole Person**

3710 Main Street, Kansas City, MO 64111 • thewholeperson.org