

#TWP GETTING SOCIAL

2019 Activities/Dates

January 4	Where do you want to go in 2019? Setting personal goals for the New Year!
February 1	The Kindness Project; Help raise awareness for 'Random Acts of Kindness' Month!
March 1	Eat well, Be well; You are what you eat... so, learn how to make good decisions about the foods you consume!
April 5	Go GREEN! Here's the dirt: Save the earth!
May 3	Commit to be fit; Sweat. Smile. Repeat.
June 7	Speak up! Let's chat about communication
August 2	I've got 99 problems, but Advocacy ain't one of them! Learning how to use your voice for yourself and for others.
September 6	Emergency Preparedness starts with 'E' but begins with YOU!
October 4	Behind the Scenes: Understanding that there's no health without mental health.
November 1	Friendsgiving: Celebrating the "family" you choose to have.

**Join us on the first Friday of each month
from 1:00-3:00 p.m. in the Community Room.**

Open to all people with disabilities, their PCAs, family, friends, and other service providers.

*For more information, to RSVP and request accommodations,
please contact your Independent Living Advocate or
Meg Ward at 816-627-2271; mward@thewholeperson.org*