



LIVING WELL IN THE COMMUNITY WEBINARS

Come connect with us on Zoom and learn about the following:

Goal Setting
Building Support
Healthy Reactions
Staying on course
Healthy Communication
Seeking Information
Eating Well
Physical Activity
Advocacy
Maintenance

HAVE YOU EVER
WONDERED HOW
LIFESTYLE AFFECTS
DISABILITY?

DISCOVER HOW
CREATING MEANINGFUL
LIFE GOALS CAN HELP
DEVELOP A HEALTHY
LIFESTYLE

LEARN NEW SKILLS,
MEET NEW PEOPLE AND
IMPROVE YOUR QUALITY
OF LIFE BY IMPROVING
YOUR HEALTH FROM THE
COMFORT OF YOUR
HOME

**FOR MORE
INFORMATION**

CONTACT
ANDREA CHRISTOPHER
call: 619.704.2442
email: [achristopher@
accesstoindpendence.org](mailto:achristopher@accesstoindpendence.org)