



Teaching
you skills
you need
to take an
active part in
staying healthy!

**SIGN-UP
TODAY!**

Living a healthy lifestyle has many benefits. It can help prevent complications of disability, make daily activities easier as a result of increased strength or energy, and it may even help individuals feel happier and better able to handle their problems.

A healthy lifestyle means a lot more than just “not” having an illness or disability. A healthy lifestyle means you eat well, go to the doctor for regular check-ups, handle stress well, get some type of exercise, and take time to relax.

Here are just *some* of the ways The Arc’s Health & Wellth program can help you with your healthy lifestyle!



FITNESS & RECREATION

- * Memberships and programs at local fitness centers
- * WV On The Move Walking program
- * Activities promoted through the Neighborhood M.A.P. project (More Active People)
- * Adventure Pursuit recreational activities
- * Team and individual recreation opportunities, both structured and casual, from the county and city resources

A PROGRAM OF

**The
Arc**

MID OHIO VALLEY CHAPTER

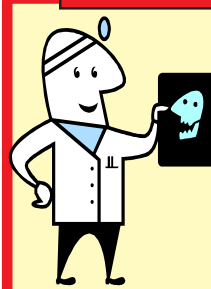
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HEALTH & NUTRITION



- * Living Well with a Disability
An 8-week program that addresses: Beating the Blues, Communications, Seeking Info, Physical Activity, Eating Well Being Safe, Self-Esteem & Disability Pride
- * Health Screenings - Basic baseline and follow-up blood pressure testing, body composition assessment, and total cholesterol/glucose tests provided by Mountain State Blue Cross/Blue Shield’s HealthPLACE on the Move.
- * The Arc Cooking Club will begin incorporating structured nutritional information into every session and will even have a Grocery Shopping Tour!
- * Various worksheets, forms, and other resources will be used to help participants keep track of their activities!

PRIMARY & PREVENTATIVE CARE



- * Healthcare Resource Guide to available services and programs that are offered at a free or reduced cost.
- * Monthly Lunch & Learn educational series
- * Women Be Healthy Trainings
- * Healthcare Toolkit to improve direct communication between the health care provider and the person with a disability.

Win prizes based on participation