



The Whole Person

People with Disabilities Leading Independent Lives

Living Well With A Disability

A health promotion workshop for people who are Deaf or Hard of Hearing

Open to People of all ages and abilities - free education and fun fellowship!

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. This Living Well With A Disability health promotion and wellness workshop is designed specifically for anyone who is Deaf or Hard of Hearing.

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 ten 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."

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

BEGINS:

**June 17 - August 19
2:00-4:00 p.m.**

**Class meets each Friday
for 10 weeks**

Light refreshments provided

LOCATION:

Johnson County Mental Health Center
Deaf Services
1125 W. Spruce Street, Olathe, KS

**PLEASE RSVP BY JUNE 7, 2016
TO RSVP, FOR MORE INFORMATION
AND TO REQUEST REASONABLE
ACCOMMODATIONS, CONTACT:**

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