



HEALTHMATTERS PROGRAM™



Q. What is HealthMatters?

A. HealthMatters is an interactive, group workshop that includes a total of 36 class sessions, each one hour in length. Depending on the workshop size, one or two certified facilitators lead it. Through exercise, nutrition, and health education activities, this workshop can help participants become stronger and healthier, improve self-advocacy skills and confidence, and connect with peers.

Q. Who can benefit from HealthMatters?

A. The workshop is a health promotion program for all individuals. Its curriculum was developed for successful delivery to individuals with intellectual and/or developmental disabilities, adolescents, and their supports in health-friendly communities.

Q. What does HealthMatters do for participants?

A. Through the workshop's engaging, hands-on curriculum, participants gain the knowledge, motivation, and skills needed to create healthy habits that last a lifetime. Session topics include exercise, nutrition, health education, improve self-advocacy skills and confidence.