



Wellness Without Limits

A Healthy Living Group for People with Disabilities & Their Families

FREE! 10:00 AM–12:00 PM

TUESDAY'S 7/15, 8/12, 9/9, 10/14, 11/11 AND 12/9

Join us for a fun, supportive, and inclusive monthly group focused on healthy living for the whole family!

This group is designed specifically for people with disabilities and their caregivers. Each week, we will explore simple, practical ways to build healthy habits — including gardening, nutrition, stress relief, and self-care — all in a welcoming and judgment-free environment.

**SPACE IS LIMITED, EARLY SIGN-UP ENCOURAGED
REGISTRATION REQUIRED by JULY 9**

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 **Seven Hills**
Family Services
An Affiliate of Seven Hills Foundation

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