

Looking for wellness trainers like you!

HOW: Attend 3 HealthMatters Train-the-Trainer sessions and become a Certified Instructor

WHO: People at provider organizations who want to eat good food, move their body, and have fun!

WHERE: At a location near you

WHEN: January 2018



HealthMatters is a program for adults with disabilities and their direct support professionals. Groups meet a few times per week to talk about nutrition and do movement activities with their friends and coworkers. People who have completed this program report having more energy, increased general health status, less pain, and greater sense of well-being!

This Train-the-Trainer session will give you the skills, knowledge, and resources to be a wellness trainer at your organization.



HOW DO I SIGN UP?

Contact Ann Robinson at the Ohio Disability and Health Program:

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