

Free registration with limited spaces now available!

Optimal Health for All Workshops

The Center for Health Equity at Indiana University and the Indiana State Department of Health's Division of Chronic Disease, Primary Care and Rural Health invites you to attend an Optimal Health for All workshop offered completely online but focused on Indianapolis, Gary, and New Albany.

While these workshops will be conducted online using Zoom, speakers and resources will be featured from the local communities: **Indianapolis (October 1)**, **Gary (October 15)**, or **New Albany (November 12)**.

One in four people in Indiana have a disability. Given the number of Hoosier with disabilities, and the desire of making health care more accessible, it is important to understand how to best accommodate and effectively communicate with people with disabilities. In addition to Dr. Amy Sekhar, a disability justice consultant, and Dr. Jae Chul Lee from the Center for Health Equity, Indiana Institute on Disability and Community, each workshop will feature a panel of local residents with disabilities who will share their personal stories about the challenges and barriers to optimal health.

This 3-hour workshop will cover:

- The current landscape for disability and health in Indiana
- Common barriers experienced by people with disabilities in health care or health promotion settings
- Disability awareness, sensitivity, and effective communication.

By attending this workshop, you will gain new insights and be better prepared to help people with disabilities obtain their optimal health goals. The workshop will be offered at **no cost**, online, and focused on these areas:

Indianapolis:
October 1
1:00 to 4:00 pm ET

Gary:
October 15
1:00 to 4:00 CT

New Albany
November 12
1:00 to 4:00 pm ET

Register Online: <http://go.iu.edu/2ato>



Continuing education credits available for Indiana Professional Licensing Agency for Social Work, Counselors, Dentists, and Dental Hygienists.

Center for Health Equity at IU: <https://www.iidc.indiana.edu/che/>



Presenter Dr. Amy Sekhar is a sought-after speaker and trainer on diversity and inclusive practices for organizations and other community groups. She will address disability sensitivity, awareness, and effective communication, bringing in her personal experiences.

Dr. Jae Chul Lee is the Director of the Center for Health Equity at the Indiana Institute on Disability and Community. He has published multiple articles on health disparities for and among people with disabilities. He has also directed efforts to address such disparities at a state level, through disability data monitoring and surveillance; public health reports; and a state strategic plan. His commitment to improving health equity for people with disabilities comes from his own experience with his father's severe traumatic brain injury.

