



Inclusive Health Promotion Classes

Presented By DAWN Center for Independent Living with



Be Well & Thrive is a NJ Non-profit organization that provides people with disabilities, functional limitations, and older adults with access to programs and resources that promote optimal health.

Thursdays from 6-7 PM
at 66 Ford Road #124, Denville NJ
for 6 Weeks

10/2, 10/9, 10/16, 10/23, 10/30, 11/6

In a supportive and engaging group setting participants collaborate with peers, explore personal health and wellness, and create goals to live healthy lives.

Topics include:

Light stretching/chair exercises

Nutrition

Health maintenance

Personal care

Emotional/social wellbeing

And more...

*There will be a class celebration ceremony at the final class.

It is recommended that participants plan to attend all classes. Completion and attendance to all 6 classes consumers will be awarded with a \$30 Amazon Gift Card

For more information, please contact Laura Dicker, Pre-ETS/IL Program Coordinator
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