



Join Disability Network Eastern Michigan in our

Six Weeks to Wellness Program!

January 30 - March 12, 2023

- Join DNEM staff and others as we commit to healthier habits.
- Participate in virtual and in-person wellness programs.
- Stay connected with motivating social media posts.
- Simple changes can lead to health improvements.
- Win prizes for engaging in healthy behaviors!
- The Kick Off Event is on Monday, January 30th at 12:00 pm on Zoom!

Sign Up in One of Three Ways:

1. Register online: <https://tinyurl.com/DNEMwellness>
2. Use this QR Code:



3. Call DNEM: 586-268-4160

Once registered,
you will receive a
packet with all the
program
materials.

Please contact
DNEM with
accommodation
requests.

Serving Huron, Lapeer, Macomb, Oakland, Sanilac, St. Clair and Tuscola Counties

www.DNEMichigan.org



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