

**WIHD Self Advocacy Group Meeting**  
**Monday September 24, 2018 7:00-8:30 PM**

**PLEASE JOIN US FOR THIS MEETING**



**MEETING AGENDA**

- Introductions and healthy snacks
- **Discussion Topic: Selecting Healthy Menu Choices at Restaurants**

Our discussion leader will be Diane N. Kahn, a Certified Health Coach. She will be discussing ways to choose healthy options when we go out for meals. She will be sharing a useful guide for dining out that focuses on healthy eating. Our discussion will include: the choices people need to make and what to ask for when eating in a restaurant. We will also have an opportunity to share our own personal stories about when we go out to eat with our friends, family and other people. After listening to our experiences, Diane will provide suggestions to help us advocate for ourselves in making better choices for healthy eating. You will hear from her some valuable tips and learn new skills in making good decisions for ourselves when going out with others. By doing so, you can also inspire and educate other individuals with disabilities to do the same by making healthy choices when we go out for meals.

**Join Hear Our Voices Self Advocacy Group at WIHD to:**

Connect to the Hudson Valley Region of the Self Advocacy New York State Association (SANYS) for meetings, trainings, conferences, networking and fun activities; learn useful information to have a more independent and self-directed life; and become a self-advocacy leader and speaker.

**Our meeting will take place at:**

**Westchester Institute for Human Development  
Cedarwood Hall- First Floor Boardroom**

**If you are planning on attending, please contact Mitchell Levitz at (914) 493-8119 or Email: [mlevitz@wihd.org](mailto:mlevitz@wihd.org)**

**Please bring along an interested friend or share this announcement with other self-advocates who may wish to join and their house staff or family members. Feel free to share with appropriate people in your programs. New members always welcome to join!!!!**