



"Hear Our Voices" - Self Advocacy Group Meeting

Staying Healthy, Fit and Having Fun at Home

Thursday May 28, 2020

6:00-7:00pm

This will be a ZOOM Meeting link,

[Click Here](#)



Let's help each other by sharing our own tips and strategies on **Health, Fitness and fun** while staying at home during this COVID-19 time.

Advocating is sharing our everyday experiences to help make life better for each other as self-advocates.

During this zoom meeting, we will talk about:

- Ideas for different way we can workout in and outside our homes
- Tips on our fitness activities and how we stay active
- Tips and learn which is right and wrong to eat to stay healthy

WE WILL SHARE AN UPDATE ON THE **SPEAKERS NETWORK**

SESSIONS
BE-FIT



The meeting facilitator will be, [Scott Sessions](#), [Certified Personal Trainer, Nutrition Specialist and Titleist Performance Institute Instructor](#). His Contact, sessionsbfit@gmail.com - (914) 703-1758. Website, <https://sessionsbfit.com>.

**For more information contact: Mitchell Levitz (mlevitz@wihd.org) or
Brendan Klein (Bklein@wihd.org)**

Please feel free to share this announcement with other self-advocates who may wish to join and their house staff or family members.

New members are always welcome to join!