



“Hear Our Voices” - Self Advocacy Group Meeting Staying Healthy, Fit and Having Fun at Home

Tuesday April 13th, 2021

6:00-7:00pm

This will be a ZOOM Meeting

[Click Here](#)



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

SESSIONS

BE-FIT



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

For more information contact: **Stephanie Bellantoni** bellantoni@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!***

