



Improving lives THROUGH  
supports and services  
THAT FOSTER self-determination.

3/29/19

The Missouri Disability and Health Collaborative is offering

### "Charting the LifeCourse for Health"

This collaborative provides an opportunity to learn about community health programs and resources to help people live a healthy lifestyle. Charting the LifeCourse tools will be utilized to help establish goals and make action plans leading to a healthy life and choices. Workshops are geared toward people with intellectual disabilities, their family members, direct support staff, and professionals from public health, disability, recreation, and other community resource organizations.

Upcoming workshops:

April 23, 2019 - Joplin, MO (registration ends April 20, 2019)

May 17, 2019 - Jefferson City, MO (registration ends May 14, 2019)

The workshops are **FREE**, but you must register in order to participate. You may register at: <https://www.surveymonkey.com/r/WDXPDWZ>.

[www.dmh.mo.gov/dd](http://www.dmh.mo.gov/dd)  
573-751-4054

MISSOURI DEPARTMENT OF MENTAL HEALTH