



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

7/20/23

FREE Missouri Open Door (MOD) Workshop Series

Assistive Technology for Health and Wellness

June 28, 2023
12:30pm – 1:30pm

This month's workshop will focus on how assistive technology can enhance better health and wellness. Participants will learn ways to stay active, keep track of medications, and eat healthy foods. Through every day skill-building strategies and integrated services and supports, the goal of this session focuses on:

- Providing immediate use ideas for how to stay healthy
- Strengthening everyday technology knowledge
- Incorporating/understanding local service and support strategies

[Register](#) for the workshop.

If you have questions regarding this workshop, please contact:
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MISSOURI DEPARTMENT OF MENTAL HEALTH