



Genesee County Health Department

Mark Valacak, M.P.H., Health Officer
Gary K. Johnson, M.D., M.P.H., Medical Director

Date: December 12, 2011

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Contact: Sherry Taylor, R.N., B.S.N.
Public Health Nurse Coordinator
Genesee County Health Department

Phone: (810) 257-3833

Re: Living Healthier in 2012 Workshop, for individuals with disabilities.

While individuals with all types of abilities are struggling to improve and maintain their health, people with disabilities face similar challenges as well as unique challenges when it comes to their health and well-being. The Genesee County Health Department (GCHD), Genesee County Community Mental Health (GCCMH) and The Disability Network (TDN) are collaborating with other community stakeholders to increase efforts to provide health education, health promotion activities and outreach to individuals with disabilities throughout Genesee County. A fun and educational healthy living workshop for people with disabilities is planned for January 2012. This initiative is funded and supported by the National Association of County and City Health Officials (NACCHO), CDC and the National Center for Birth Defects and Developmental Disabilities.

The workshop, "Living Healthier in 2012", is open to individuals 18 years and older, with any type of disability living in Genesee County. The workshop will meet for three consecutive days, Tuesday through Thursday, **January 10th, 11th and 12th, 2012, 9:00am until 4:00pm**, at the MTA Conference Center, 1401 S. Dort Hwy, Flint, MI 48503.

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Better Life Through Better Health

Floyd J. McCree Courts & Human Services Building ♦ 630 S. Saginaw Street, Ste. 4 ♦ Flint, Michigan 48502-1540

Burton Branch ♦ G-3373 S. Saginaw Street ♦ Burton, Michigan 48529

Main Phone 810-257-3612 ♦ Visit us at: www.gchd.us

Following the completion of the workshop, participants will attend six support group meetings (dates to be determined) for continued support in reaching their goals.

The primary challenge most individuals face is not having the tools and knowledge to help them maintain a healthy lifestyle. The goal of the workshop is to provide participants with the knowledge and skills to adopt healthier lifestyles and to encourage and support increased physical activity, healthy eating, stress management and illness prevention. Participants are encouraged to identify their individual goals and learn how to develop an action plan to reach those goals. Nutritious meals and snacks will be served during the workshop and participants will experience the hands on benefits from NIA, yoga and massage therapy.

For more information and to register for the workshop contact the Genesee County Health Department at (810) 257-3833 or visit www.gchd.us

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LIVING HEALTHIER IN 2012

HEALTHY LIVING WORKSHOP

A free, fun, and educational 3 day workshop!
(Must be 18 years of age or older to attend)

This workshop is an educational program created by and for people with disabilities. This program helps people with all types of disabilities learn how to live a healthy life.

WHEN AND WHERE

JANUARY 10th, 11th, & 12th, 2012

MTA CONFERENCE CENTER: 1401 S. Dort Hwy Flint, 48503
9:00 am until 4:00 pm (breakfast and lunch provided)

WHAT CAN YOU LEARN?

You will learn how to:

- *Set your own goals
 - *Choose healthy foods
- *Get your body moving
 - *Keep from getting sick
- *Deal with stress

After the workshop, participants will attend six future support group meetings for additional help in reaching goals.

Space is limited. Register now and be a part of the fun!

Call Sherry Taylor at 810-257-3833

Co-facilitated by Adrienne Howe, Peer Support

Workshop presented by:
Genesee County Health Department, Genesee County Community Mental Health
& The Disability Network
(In collaboration with community partners)

Initiative funded by the National Association of County and City Health Officials,
National Center on Birth Defects and Developmental Disabilities, CDC