

If you experience disability, this free 8-week class sponsored by the League of Human Dignity can help you steer yourself onto the road to healthy living in every aspect of your life.

LIVING WELL WITH A DISABILITY TRAINING

Topics include:

- Advocacy
- Seeking Information
- Healthy Reactions
- Managing Depression
- Physical Activity
- Nutrition
- Healthy Communication
- And Much More

SIGN UP TODAY!

**The More Healthy You Are,
The More You Will Be Able To Do.**

**Live Healthy In Every Aspect
Of Your Life.**

A sign language interpreter and reasonable accommodations will be provided on request.
Refreshments will be provided.

This workshop's eight two-hour sessions are at

**Neligh Senior
Citizens Program**
206 M St., Neligh, NE

Sessions are 1:00 to 3:00 p.m.
Wednesdays starting June 4, 2014.
The deadline to register is
Wednesday, May 28.

Sessions and training materials
are free of cost to people with
disabilities

For more information, contact the
League of Human Dignity's Norfolk
Center for Independent Living, 400
Elm Avenue, Norfolk NE 68701.

E-Mail:
ninfo@leagueofhumandignity.com

Or Call 402-371-4475 V/TDD and
ask for Doris Rohrer

