

How can I participate in the Be Well! Feel Fit! program?



Just call us! If you live in Carrboro or Chapel Hill and want to participate in the Be Well! Feel Fit! Program call Ellen Perry at 919-942-5602 or Danielle Doughman at 919-962-4029. They will give you all the information you need about the Wellness meetings currently being held in your area.

For general information about the Be Well! Feel Fit! program contact:

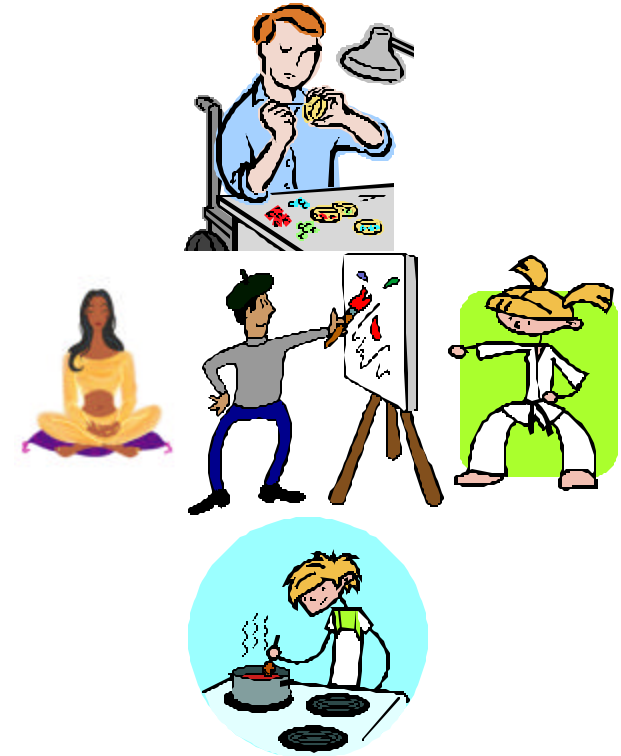
Self-Advocacy Leadership Network
Human Services Research Institute
7420 SW Bridgeport Rd., Suite 210
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Be Well! Feel Fit!

Self-Advocacy Leadership Network at HSRI
7420 SW Bridgeport Rd., Suite 210
Portland, OR 97224

BE WELL! FEEL FIT!

Peer Connections
Your Way to Wellness



A program of the
Self-Advocacy Leadership Network
Human Services Research Institute.

Sponsored by the North Carolina
Council on Developmental Disabilities.

What is healthy living?

Healthy Living is about...

- 1 Being in good health – both physically and emotionally.
- 2 Doing things that interest you and make you happy – like art, sports, mall-walking or some other activity.
- 3 Learning new activities - such as fishing, dancing, rock climbing or hiking.



- 4 Learning to be safe with boyfriends and girlfriends.
- 5 Learning to be safe in your neighborhood.
- 6 Making new friends.

And we can help you live healthy lives!

What are health and wellness goals?

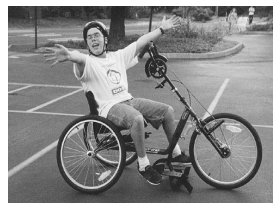


Look at this list! It shows many examples of health and wellness goals. You may have some of your own. If you want things

like this then you are interested in exploring health and wellness goals.

Have you wanted to do any of these things?

- Have more energy to do things?
- Lose weight?
- Learn how to eat better?
- Get regular wellness checkups with your doctor or dentist?
- Learn a new art or craft?
- Do more outdoor activities, such as hiking or riding a bicycle?
- Learn to play a new sport?
- Learn how to have healthy relationships and be safe during sex?
- Learn how to be safe in your life?



Let's get started!

What is the Be Well! Feel Fit! program?

Be Well! Feel Fit! is a program that is designed to help self-advocates live a good and healthy life. But, it is a little different from other health and wellness programs.

How is it different?

First, you will decide your own health and wellness goals. No one will set your goals for you.

Second, you decide the steps you need to take to reach your goal. We will help you with identifying these steps and help you along the way.

Third, we will connect you with people who have similar goals as you do - these are your peers. You can then help each other become successful in achieving your goals.

Fourth, we will help you to succeed in achieving your goal. You have to do the hard work. But we will support you.