

Set
Health
Goals



Get
Active

A Workshop for adults with disabilities

- **SET GOALS & GET THE SUPPORT TO ACHIEVE THEM**
- **LEARN HOW TO LIVE YOUR HEALTHIEST LIFE!**

Hosted by:



&



Offered in-person throughout the year in the
St. Louis Area

8-10 weekly sessions

JOIN US!

Transportation Services available!

Virtual Sessions available again in 2025!

Group
Activities

Make
Friends

To Sign Up, Contact:

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www.modhp.org

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