



Are you interested in living a healthier life?

Would you like help achieving a health goal?

## Join **Health Linkages**

Linking adults with disabilities to community health care and resources

### Who is this program for?

Adults who:

- Are 18 years or older
- Live in Missouri
- Have an intellectual or developmental disability (IDD)

- *Client-focused*
- *Year-round*
- *FREE!*

- >>> Learn ways to be healthier
- >>> Learn about regular health care and screenings that are important for *YOU*
- >>> Set a health goal and make a plan to meet it
- >>> Get support to connect with health services and resources in your community!

## Interested in learning more?

For questions, contact:

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Scan QR Code to  
complete referral form

In-Person Locations:

Boone County  
Jackson County  
St. Charles County  
St. Louis County  
Washington County