

Set  
Health  
Goals



Get  
Active

A FREE Course 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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**Delta Center**

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[www.modhp.org](http://www.modhp.org)

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