



## Living Well with a Disability Class

February 10<sup>th</sup>, 11<sup>th</sup>, & 12<sup>th</sup> 2PM -4:30PM

(Class is composed of 3 sessions and participants must attend all 3 sessions to graduate from class)

Classes will be held at:

**Miles Community College, 2715 Dickinson  
Conference Room #106**

**Sign up by calling LIFTT at 1-800-669-6319 or email  
[joeb@lifft.org](mailto:joeb@lifft.org) to hold your spot**

**There are 15 spots open and please let us know if you will need  
any special accommodations**

Living Well with a Disability is a **Free Class** that is available to individuals with any type of disability.

This is a workshop which introduces a goal-setting approach and teaches problem-solving skills. Living Well also provides tools for managing health and making healthy lifestyle changes, increasing physical activity, developing and maintaining healthy relationships, improving nutrition, avoiding depression and frustration, and advocating for community changes that help maintain gains.

FOOD – DRINKS Provided **You MUST arrange your own transportation**



1201 Grand Avenue #1

Billings MT 59102

1-800-669-6319 406-259-5181

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