

Join us in Dover, NH!

WHIM is a **FREE**, peer-driven program that provides the tools for increasing quality of life and promoting wellness in individuals living with physical disability through innovative upper-body exercise and peer support within their own communities.

All levels of ability are welcome!

Dover WHIM group will conduct weekly chair exercise sessions. We are also offering health and wellness topics throughout the months of April and May.

Topics may include:

- Stress management techniques
- Shoulder health – simple tips
- Abdominal strengthening
- Nutrition and bone health
- Chair yoga
- Adaptive recreational sport opportunities

...much more!



2017 Schedule

Day
Every Tuesday

Time
12:30pm–2pm

Location
St. Joseph's
of Assumption
Parish

Address
150 Central Avenue
Dover, NH

For information about the WHIM program, please contact us at whim4wellness@gmail.com or (603) 938-2562 and find us on **Facebook: Wheelchair Health in Motion.**