

Live Life to its Fullest

Join our **free** 10-session workshop series for adults with disabilities.

Topics Include:

- Overcoming Obstacles
- Advocacy
- Healthy Eating
- Goal Setting
- Physical Activity

You Will:

- Set a health goal
- Build new supportive, relationships with peers
- Improve your wellbeing

Learn more at :

www.tinyurl.com/aboutlwic



Where:

Granite State Independent
Living (GSIL)
21 Chenell Drive
Concord, NH, 03301

*Companions are welcome
to attend

When:

Tuesdays & Thursdays
(10 am - 12:30 pm)

July 8th and 10th
July 15th and 17th
July 22nd and 24th
July 29th and 31st
August 5th and 7th

Sign Up:

Contact Marcia Bagley
mbagley@gsil.org
(603) 717-0859

Or complete the form at
www.tinyurl.com/lwicsignup

