

“ The Living Well Program has taught me to be more assertive, more self-assured, and happier in my life.”



Living Working Well with a Disability

Both Living and Working Well are based on the Independent Living Philosophy that emphasizes personal choice, self-determination and peer support as essential components for living independently in the community.

Participants in Living and Working Well develop independent living skills such as goal setting, problem solving and communication skills and have the opportunity to practice them in a supportive peer environment.

To learn more visit:
livingandworkingwell.ruralinstitute.umt.edu

Living  Working
Well with a Disability
Health promotion programs for
people with disabilities.

RTC: RURAL

Research and Training Center
on Disability in Rural Communities
Room 52, Corbin Hall
University of Montana
Missoula MT 59812
rtc.ruralinstitute.umt.edu



“ After participating, I now know that I can solve problems. I am not so overwhelmed when life just happens.”



“ The best part...was classmates asking me what I did over the past week to meet my goal. Setting goals gave me more motivation to hope, work, think towards a future – a positive, worthwhile, much-needed experience.”

Living Well with a Disability

**The healthier you are,
the more you are able to do.**

This ten-week, peer led workshop is designed for people with disabilities who want to learn new skills, meet new people and improve their quality of life by improving their health.

People who participate in Living Well report:

- Improved outlook
- Positive changes in daily activities
- Goal achievement
- Reduced limitations
- Reduced healthcare costs


Working Well with a Disability

**Balancing work
and wellness.**

This six-week, peer led workshop is designed for people with disabilities who want to improve their health in support of finding or maintaining employment.

People who participate in Working Well report:

- Improved health and capacity to work
- Enhanced peer support
- Reduced isolation
- Lasting friendships

 Learning healthy lifestyle habits is possible and fun with the support of peers in the Living and Working Well workshops. If you would like to participate in a workshop, or learn more, please contact:

Provider Contact Information: