

Living and Working Well with a Disability Programs

**Health promotion programs for people with
disabilities.**

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

**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.

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

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

“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.”

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:

To learn more about this program visit:

livingandworkingwell.ruralinstitute.umt.edu

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