

HEALTHY LIVING GROUP



Individuals with Down syndrome ages 12 and older are invited to participate in 1 of our 5-week, VIRTUAL groups to learn tips for living a healthy lifestyle. We are offering 2 sessions (choose 1).

Tuesdays

January 7 to February 4, 2025
11:00 a.m. to 12:00 p.m. CT

Thursdays

February 13 to March 13, 2025
3:30 p.m. to 4:30 p.m. CT

Topics will include:

- healthy eating
- exercise
- hydration
- stress management
- sleep hygiene
- and more!

Space is limited! Submit the interest form at the link below by Friday, December 20.
<https://forms.office.com/r/nZCMKp6zgC>

