

2017 / 2018

Education Series



Healthy **BODY**
 Healthy **MIND**
HAPPY LIFE

Sponsored by

The Francis J. Dixon Foundation



Developmental & Disability Services
of Lebanon Valley

Healthy Choices Education Series

- Hosted by DDS and held at the **DDS - Alley Learning Center**
12th & Walnut Streets, Lebanon, PA
- Time: 12 Noon - 1:30 p.m.
- Classes are **FREE with limited space available**
- Designed for adults with intellectual disabilities. DSP's and Caregivers welcome to participate
- Open to all - do not need to be a DDS consumer or employee to attend.
- First come first serve
- Includes healthy lunch and take home materials
- If you register for a workshop and fail to attend you will not be eligible for future workshops.



Developmental & Disability Services of Lebanon Valley
1126 Walnut St., Lebanon, PA 17042
717.274.3493

The mission of Developmental & Disability Services of Lebanon Valley is to empower children with developmental delays and persons with disabilities to lead more productive, satisfying and/or independent lives.

Learn more by visiting our website
www.ddslebanon.org

Education Series

Sept. 13, 2017

Food Sense Cooking Class - 1
Learn to plan healthy meals using the food pyramid, whole foods and proper portions. Participants will make their own lunch.

October 11, 2017

Think Fast & Be Safe - 1
A safe mind is a healthy mind. Participants will learn the basics of internet and cell phone etiquette and safety.

November 8, 2017

Fit Finances - 1
Learn to create a monthly budget using the envelope system. Participants will receive envelopes and money bag.

February 14, 2018

Healthy Relationships
We all crave companionship. Learn to distinguish the different kinds of relationships, acceptable behaviors and the differences between appropriate and inappropriate touch.

March 14, 2018

Food Sense Cooking Class - 2
Learn to plan healthy meals, beginning with what to look for while grocery shopping. Participants will make their own lunch.

April 11, 2018

Think Fast & Be Safe - 2
A safe mind is a healthy mind. Participants will learn emergency preparedness and fire safety.

May 9, 2018

Fit Finances - 2
Learn techniques to help understand monetary values, paying for items and services while resourcing the community. Participants will receive and practice using a calculator.

Registration

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Add me to the DDS mailing lists

Call me so I can learn more about DDS programs & services

Class Selections

*All Classes held 12 Noon - 1:30 p.m.
Select all the classes you wish to attend
You will receive confirmation of enrollment*

- Sept. 13, 2017 Food Sense - 1
- Oct. 11, 2017 Think Fast & Be Safe 1
Internet Cell Phone Safety
- Nov. 8, 2017 Fit Finances 1
Personal Budget
- Feb. 14, 2018 Healthy Relationships
- Mar. 14, 2018 Food Sense -2
- Apr. 11, 2018 Think Fast & Be Safe 2
Emergency Preparedness/Fire Safety
- May 9, 2018 Fit Finances 2
Monetary Values

Complete the registration and return to:
DDS Healthy Choices Education Series
1126 Walnut St.
Lebanon, PA 17042