

Workshop

Healthy Habits



This workshop helps you to build healthy habits in your life.

Delivered by the South Australian Council on Intellectual Disability

Topics in the workshop include:

- Moving your body throughout the day
- Eating healthy food
- Getting good sleep.

This workshop is based on the first book of the Strong Mind workbook series.



Healthy Habits workshops are run FREE for groups of up to 15 people with intellectual disability. If you have a group and a suitable space we can bring the workshop to you. If you are an individual wanting to come to a workshop you can contact us and we will find a session for you to join.

To book a free Healthy Habits workshop please contact:

admin@sacid.org.au or call 08 8352 4416

P: 08 8352 4416

E: admin@sacid.org.au

www.sacid.org.au

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Working
towards
an inclusive
South
Australian
Community