

Are you Ready To Enhance Your Road To Recovery?



YOUR MENTOR PROGRAM

Mindfulness • **E**xercise • **N**utrition • **T**o • **O**ptimize • **R**ecovery

We are looking for individuals to participate in a health promotion wellness program designed to improve your mindfulness, exercise and nutrition

You may be eligible to participate if you:

- Are between the ages of 18 and 70
- Have a recently acquired disability diagnosis, or an existing disability with a new health condition
- Willing to participate in an eight-week program that meets twice a week at Lakeshore Foundation and once a week through a web-based call from a health coach
- Have internet access

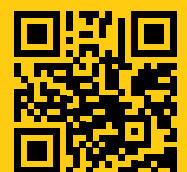


Where:

Lakeshore Foundation, 4000 Ridgeway Drive, Birmingham, AL. 35209

Cost:

No cost to you



Please contact Stephanie Ward to learn more about the program at 205-403-5526 or mentor@nchpad.org