

## You're Invited to Register For The Arc Wisconsin Academy!

The Arc Wisconsin Academy is a new online learning opportunity that can help YOU increase your leadership skills, improve your life, and learn to speak up for yourself.

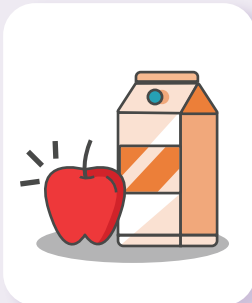
These classes are designed and taught by experts, including self-advocates.

The Arc Wisconsin Academy has two courses that each include six classes (there is also one bonus class!)

Self-determination is an important skill. When you can speak up and tell others what you want, research has shown you are safer and have a better life.

When you learn about your health and how to take care of yourself, you will be happier and live longer.

### Course Descriptions



#### **Course 1: HealthMatters™**

**Register by April 1 – Six (6) lessons**

This six-lesson online course will help you build your knowledge of healthy foods, nutrition, and exercise.

You will learn how to take charge of your health, make healthier choices, and help others learn healthy skills too.



#### **Course 2: Self-Advocacy Leadership in Action**

**October 2021 – Seven (7) lessons**

The seven-lesson online course will teach you how to speak up, communicate better, make a plan for your future, and become a stronger self-advocate.

We will practice together and share our stories!

### Sign Up Today!

The Arc Wisconsin is an approved provider of Participant Education and Training in the IRIS and Family Care system. Ask your IRIS Consultant or Family Care care manager about The Arc Wisconsin Academy Courses today!

Learn more online by going to the website [arcwi.org/the-arc-wisconsin-academy](http://arcwi.org/the-arc-wisconsin-academy).