

# The Arc Wisconsin Academy 2021-2022 Course Calendar

## Course 1: Self-Advocacy Leadership in Action

This series will help you learn how to make good choices, stand up for yourself, and be more independent. Courses are held monthly on the second Monday of the month at 1:00 pm CT and the second Tuesday of the month at 10:00 am CT. Participants can choose to attend either class time.

**OCTOBER**

**Lesson 1**

**Understanding Disability History and Learning Self-Advocacy Skills**

Oct. 11th, 2021 at 1 PM  
Oct. 12th, 2021 at 10 AM

**NOVEMBER**

**Lesson 2:**

**Knowing What You Want For Your Future**

Nov. 8th, 2021 at 1 PM  
Nov. 9th, 2021 at 10 AM

**DECEMBER**

**Lesson 3:**

**Learning to Take Safe Risks**

Dec. 13th, 2021 at 1 PM  
Dec. 14th, 2021 at 10 AM

**JANUARY**

**Lesson 4:**

**Accepting Help From Other People**

Jan. 10th, 2022 at 1 PM  
Jan. 11th, 2022 at 10 AM

**FEBRUARY**

**Lesson 5:**

**Speaking Up For Yourself**

Feb. 8th, 2022 at 10 AM  
Feb. 14th, 2022 at 1 PM

**MARCH**

**Lesson 6:**

**Being Proud of Who You Are and Teaching Others**

March 8th, 2022 at 10 AM  
March 14th, 2022 at 1 PM

**BONUS LESSON**

**Lesson 7:**

**Knowing Your Policymakers**

Access Online

# The Arc Wisconsin Academy 2022 Course Calendar

## Course 2: HealthMatters™

HealthMatters™ is an evidence-based class for people with disabilities that will help you increase get control over your health and learn to make healthier choices. Courses are held monthly on the second Monday of the month at 1:00 pm CT and the second Tuesday of the month at 10:00 am CT. Participants can choose to attend either class time.

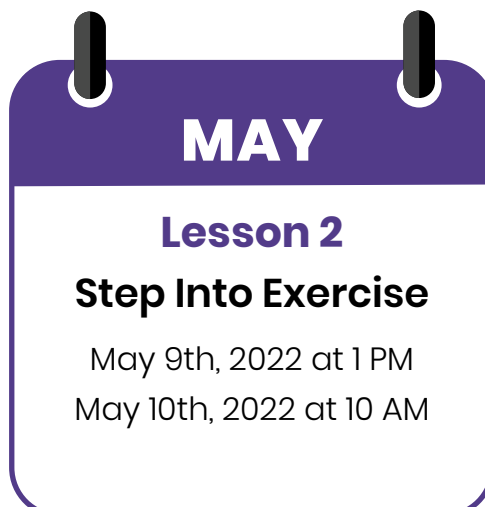


**APRIL**

**Lesson 1**

**What Does It Mean to Be Healthy?**

April 11th, 2022 at 1 PM  
April 12th, 2022 at 10 AM

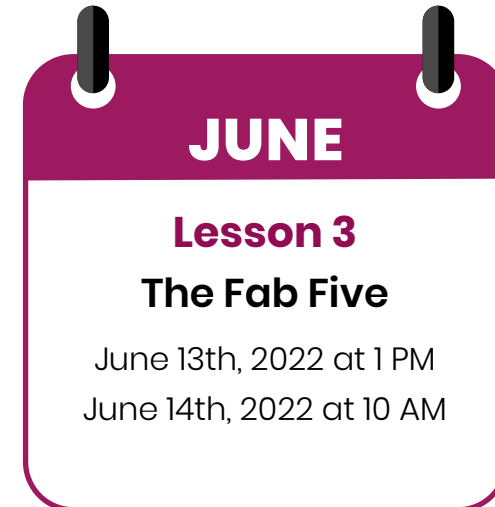


**MAY**

**Lesson 2**

**Step Into Exercise**

May 9th, 2022 at 1 PM  
May 10th, 2022 at 10 AM



**JUNE**

**Lesson 3**

**The Fab Five**

June 13th, 2022 at 1 PM  
June 14th, 2022 at 10 AM



**JULY**

**Lesson 4**

**How Much Food Is Too Much?**

July 11th, 2022 at 1 PM  
July 12th, 2022 at 10 AM



**AUGUST**

**Lesson 5**

**Benefits Healthy Eating Has on Our Bodies**

Aug. 8th, 2022 at 1 PM  
Aug. 9th, 2022 at 10 AM



**SEPTEMBER**

**Lesson 6**

**Healthy Lifestyle Review**

Sept. 12th, 2022 at 1 PM  
Sept. 13th, 2022 at 10 AM