

# The Arc Wisconsin Academy 2020–2021 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. 12th, 2020 at 1 PM  
Oct. 13th, 2020 at 10 AM

### NOVEMBER

#### Lesson 2:

**Knowing What You  
Want For Your Future**

Nov. 9th, 2020 at 1 PM  
Nov. 10th, 2020 at 10 AM

### DECEMBER

#### Lesson 3:

**Learning to Take  
Safe Risks**

Dec. 8th, 2020 at 10 AM  
Dec. 14th, 2020 at 1 PM

### JANUARY

#### Lesson 4:

**Accepting Help  
From Other People**

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

### FEBRUARY

#### Lesson 5:

**Speaking Up  
For Yourself**

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

### MARCH

#### Lesson 6:

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

March 8th, 2021 at 1 PM  
March 9th, 2021 at 10 AM

### Bonus Lesson

#### Lesson 7:

**Knowing Your  
Policymakers**

Dates to be announced

# The Arc Wisconsin Academy 2020–2021 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 12th, 2021 at 1 PM  
April 13th, 2021 at 10 AM

**MAY**

**Lesson 2**

**Step Into Exercise**

May 10th, 2021 at 1 PM  
May 11th, 2021 at 10 AM

**JUNE**

**Lesson 3**

**The Fab Five**

June 8th, 2021 at 10 AM  
June 14th, 2021 at 1 PM

**JULY**

**Lesson 4**

**How Much Food Is Too Much?**

July 13th, 2021 at 1 PM  
July 14th, 2021 at 10 AM

**AUGUST**

**Lesson 5**

**Benefits Healthy Eating Has on Our Bodies**

Aug. 9th, 2021 at 1 PM  
Aug. 10th, , 2021 at 10 AM

**SEPTEMBER**

**Lesson 6**

**Healthy Lifestyle Review**

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