

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.

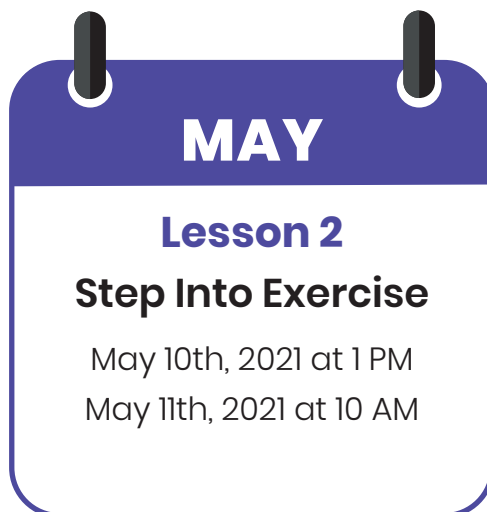


APRIL

Lesson 1

What Does It Mean to Be Healthy?

April 12th, 2021 at 1 PM
April 13th, 2021 at 10 AM

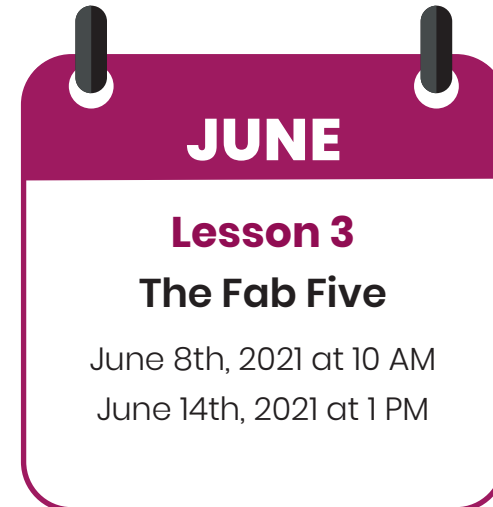


MAY

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 12th, 2021 at 1 PM
July 13th, 2021 at 10 AM

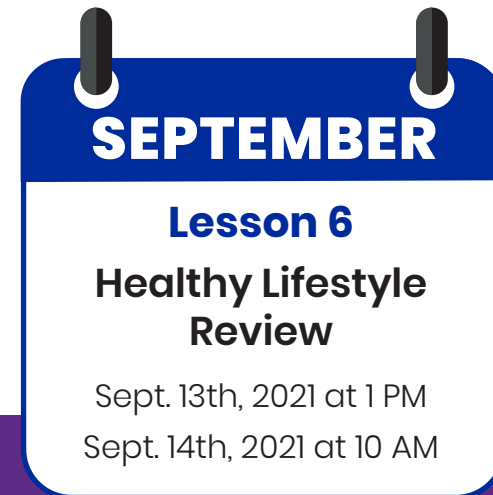


AUGUST

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