

## Locations for May 12, 2010

### Main Presenter Site

Oregon Health & Science University  
BICC Gallery  
3141 SW Sam Jackson Park Road,  
Portland

### Salem

Salem Church Street SPD/DSO  
676 Church Street NE, Salem

### Eugene

Eugene/ McKenzie DHS  
2885 Chad Drive, Eugene

### Medford

Medford DHS  
800 Cardley Street, Medford

### La Grande

La Grande DHS  
1607 Gekeler Avenue, La Grande

### Newport

Newport DHS  
120 Avery Street, Newport



Oregon Developmental  
Disabilities Coalition  
[www.oregonddcoalition.org](http://www.oregonddcoalition.org)

Oregon Office on Disability  
and Health (OODH)

Phone: (503)-494-3331  
Email: [OODH@ohsu.edu](mailto:OODH@ohsu.edu)  
[www.oidd.org/cca/oodh](http://www.oidd.org/cca/oodh)



National Center on  
Physical Activity and  
Disability (NCPAD)

Phone: (800) 900-8086  
Email: [ncpad@uic.edu](mailto:ncpad@uic.edu)  
[www.ncpad.org](http://www.ncpad.org)

## Registration Information

Questions? Registration requests?

Contact Lisa Voltolina at  
503-494-3331 or [voltolin@ohsu.edu](mailto:voltolin@ohsu.edu)

Please register online at:  
<http://www.oidd.org/cca/oodh>



Oregon Training Series  
On Direct Support

NCPAD's

## 14-Week Plan to a Healthier You

Wednesday, May 12, 2010

9:30-3:30pm

Sponsored by:

**Oregon DD Coalition**

With funds from the Oregon Department  
of Human Services, Seniors & People  
with Disabilities Division

In collaboration with:

**Oregon Office on Disability &  
Health (OODH)**

## **About this training**

“14 Week Plan to a Healthier You” is part of the Oregon Training Series on Direct Supports. It is for professionals and individuals who support people with developmental disabilities, including family members, service providers, Brokerages, Centers for Independent Living, and other advocacy organization representatives.

This is a free interactive session led by staff from the National Center on Physical Activity and Disability (NCPAD). It designed to help you master skills used to facilitate an exciting fitness plan tailored to meet the personal long and short-term goals of people with disabilities and chronic health conditions.

## **By participating in this training, you'll...**

- Learn how to effectively facilitate an extensive 14-week health and fitness program tailored to the needs of the people you work with.
- Learn how to navigate the complex variety of personal, social, cultural, and economic factors that affect the participation of people with disabilities in fitness, leisure and recreational activities.
- Increase your physical fitness and nutrition knowledge and receive motivational tools and video resources.
- Gain exclusive access to NCPAD's physical activity and nutrition experts who can provide personalized guidance during the 14-week program.

## **Join us!**

Get yourself and the people you serve eating healthier and moving more!

Sign-in begins at 9:00am. The event is from 9:30am-3:30pm.

Parking is available for \$10.00 at the OHSU site. Use of mass transportation and/or carpooling is encouraged.

Parking and public transportation information will be available on the OODH website.

Drinks and light snack will be provided. Lunch is on your own from 12:00-1:00pm.