



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**FOR IMMEDIATE RELEASE:**  
Tuesday, January 11, 2011

## **GOOD NEWS! FROM THE VALLEY OF THE SUN YMCA**

### **Y OFFERS PROGRAM TO IMPROVE LIFE FOR THOSE WITH HEALTH CHALLENGES**

*PHOENIX, AZ:* ---The Valley of the Sun YMCA through their Community Initiatives offers a FREE 10-week workshop series, **Living Well with a Disability**. This health promotion program is designed to benefit adults with physical disabilities and secondary chronic health conditions, such as self-medicating problems with excessive and unnecessary consumption of painkillers.

This powerful life skills program (limited to 10 per class) also serves as a starting point for cultivating peer leaders and recruiting new advocates for health promotion and environmental systems change. A participant manual is available so that those attending can prepare for each of the weekly sessions. Each class is built around the values of peer support, respect, trust, confidentiality, and community participation. Many of the participants who have completed the **Living Well with a Disability** program, report fewer problems with their secondary conditions, and have a reduced use of costly medical services. Special grants allow registration to be FREE of charge for eligible adults and caregivers. Donations are always encouraged.

Living Well with a Disability is an evidence-based curriculum developed by the University of Montana, Rural Institute on Disabilities and Kansas University, Research and Training Center on Independent Living, with support from the National Centers for Disease Control and Prevention.

**Living Well with a Disability**, offered by YMCA Community Initiatives, is funded by Magellan Health Services of Arizona through an agreement with the Arizona Department of Health Services, Division of Behavioral Health Services, and is proud to reach out and provide the workshops and materials in English and Spanish.

**For more information about Living Well with a Disability --  
or to arrange for an interview with a  
Valley of the Sun YMCA Community Initiatives Representative,  
please contact: Manda Hurdelbrink • 513.324.8610 cell**



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