

EXERCISE AND NUTRITION HEALTH EDUCATION CURRICULUM FOR ADULTS WITH DEVELOPMENTAL DISABILITIES

2nd Edition



A Project of the

Rehabilitation Research and Training Center on Aging with Developmental Disabilities
and
Center on Health Promotion for Persons with Disabilities (CHP)

Department of Disability and Human Development



In Collaboration with the
UIC Midwest Roybal Center for Health Promotion and Behavior Change

**Tamar Heller, PhD
Beth Marks, RN, PhD
Sarah H. Ailey, RN, PhD**



UIC University of Illinois
at Chicago

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The contents of this curriculum do not necessarily represent the policy of the U.S. Department of Education and should not be viewed as an endorsement by the Federal government.

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In this edition, we revised the nutrition sessions based on our teaching experiences with participants in the University of Illinois at Chicago (UIC) Health Promotion Program. The work of Jasmina Sisirak, MPH, with participants in the exercise and health education classes has been invaluable in updating this curriculum for the 2nd edition to increase participants' understanding of concepts related to nutrition and disability.

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