

Establishing an Exercise and Nutrition Health Education Program for Adults with Developmental Disabilities

TRAIN-THE-TRAINER WORKSHOP

AGENDA

LOCATION:

TBA

PRESENTERS:

Beth Marks, RN, PhD
Jasmina Sisirak, MPH

8:30am – 9:00am	Welcome and Coffee
9:00 am – 10:15am	Section 1: Making Healthy Choices Section 2: Looking at our behaviors and environment
10:15am – 10:30am	Break
10:30am - noon	Section 3: Setting goals for individual with disabilities and your organization
noon– 1:00pm	Lunch on your own
1:00 – 2:15	Section 3: Setting goals for individual with disabilities and your organization (Continued) Section 4: Doing the Program
2:15 – 2:30	Break
2:30 - 4:00pm	Section 5: Keeping the Program going