Advocacy Matters

A digital newsletter produced by the New Jersey Self-Advocacy Project

Healthy Lifestyles Project Event at Masker's Barn On Wednesday, October 8th, the New Jersey Self-Advocacy Project team hosted a Healthy Lifestyles Project (HLP) event at Masker's Barn in the Deserted Village at Watchung Reservation. Guests were invited to participate in a "Get Fit While You Sit" class, led by Carole Tonks and Luke Koppisch with the <u>Alliance</u> <u>Center for Independence</u>. After enjoying a relaxing and rejuvenating yoga session, guests were asked to visit the takeaway table and participate in a hands-on portion control training. Folks learned how to use the nutrition labels on their favorite snacks to measure a perfect portion.

Before hitting the trail, workshop participants were provided with

goodie bags containing portion control plates and worksheets, measuring cups, snack packs, and



pocket-sized first aid kits.

Thank you to Horizon Foundation

for New Jersey for the continued

support and funding that made

this awesome event possible!

# October 2014



# "Get Fit While You Sit" Yoga Session led by Carole and Luke with ACI



Takeaway Table: Healthy Lifestyles Project materials printed

#### with funds from the Horizon Foundation for New Jersey

Calling all Self-Advocates

and Group Advisors!

Fall 2014

### Self-Advocacy Officer and Advisor Workshops <u>Northern Region:</u>

Thursday, November 20th from 10 AM - 12 PM at

Hackettstown Regional Medical Center/Center for Healthier Living

#### 108 Bilby Road, Suite 101, Hackettstown, NJ 07840

#### **Southern Region:**

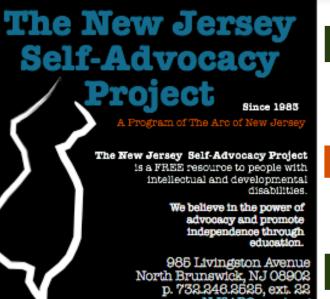
Monday, December 8th from 10 AM - 12 PM at

The Arc of Camden County

#### 215 W. White Horse Pike, Berlin, NJ 08009

#### Join the New Jersey Self-Advocacy Project team this fall to learn more about:

- Self-Advocacy around the world
- The roles and responsibilities of Advisors and Group Officers
- Techniques for making the most of your Self-Advocacy meetings, events, and elections
- Fundraising and marketing ideas for your group



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## **Presenter:** Ashley Ritchey

### **RSVP to: <u>ARitchey@ArcNJ.org</u>**

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NEW JERSEY SELF-ADVOCACY PROJECT