

# 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 [Alliance Center for Independence](#). 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 Northern Region:

**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

### The New Jersey Self-Advocacy Project

Since 1983

A Program of The Arc of New Jersey

The New Jersey Self-Advocacy Project  
is a FREE resource to people with  
intellectual and developmental  
disabilities.

We believe in the power of  
advocacy and promote  
independence through  
education.

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