

Health & Wellness

Activities, Resources, & Tips to put Self-Advocacy into Action

Ice Breakers

- Health & wellness means different things to different people. What does it mean to you?
- Why is it important to advocate for your health & wellness?

Health & Wellness Challenge

Are you ready for more health & wellness in 2023? Take on the health & wellness challenge! Check-in with your peers in a month to see how it went.

Let's Get Active!

Check out ways to get moving in 2023

- Hope Adaptive Sports & Rec
- MN State Parks All-Terrain Track Chairs
- AccessABLE Recreation
- The Miracle League
- Courage Kenny Rehabilitation Institute Adaptive Sports & Rec

To find resources mentioned in this guide, click on the resource link below.

RESOURCE LINK

Food & Nutrition

The food and drinks we choose impact our health & wellness. Check out Arc Cooks for recipes, videos, and more.

What are things to consider when making choices about nutrition?

Breath In, Breath Out

Life can be stressful! What does self-care mean and why is it important? Try out these activities for more self-care:

- Guided Meditation
- Mindfulness Journal
- Chair yoga

The Arc Minnesota's 2023 Legislative Agenda

The Arc MN's 2023 legislative agenda focuses on the social determinants of health. Learn more about social determinants of health by reviewing the 2023 legislative agenda.

- What are things about where you live, learn, work, worship, and play that make you feel healthy and well?
- What are things that could be improved?