

Advocacy Matters

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

December 2017

As temperatures dropped, the NJSAP team moved indoors for our events!

The **Healthy Lifestyles Project** events continue! This month focused on **fitness, yoga and rock climbing**. Advocates across the state had a blast staying fit the fun way.

Winter Workshops are also being presented at locations across the state on topics such as **healthy relationships, healthy snacking, illness prevention, stress management and more!**

Let's wrap up this year by taking a look at some video and images from these events. We look forward to **reaching new heights with you in 2018!**



improving health, improving lives



The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey.

Zapp Fitness

Advocates who went to Zapp Fitness in Edison experienced a variety of interesting ways to work out including a twist on bowling, as well as step aerobics, and battle ropes.





Gravity Vault

There were two separate rock climbing events at different Gravity Vault locations. Advocates at both events safely scaled the walls like pros!

GRAVITY VAULT - CHATHAM



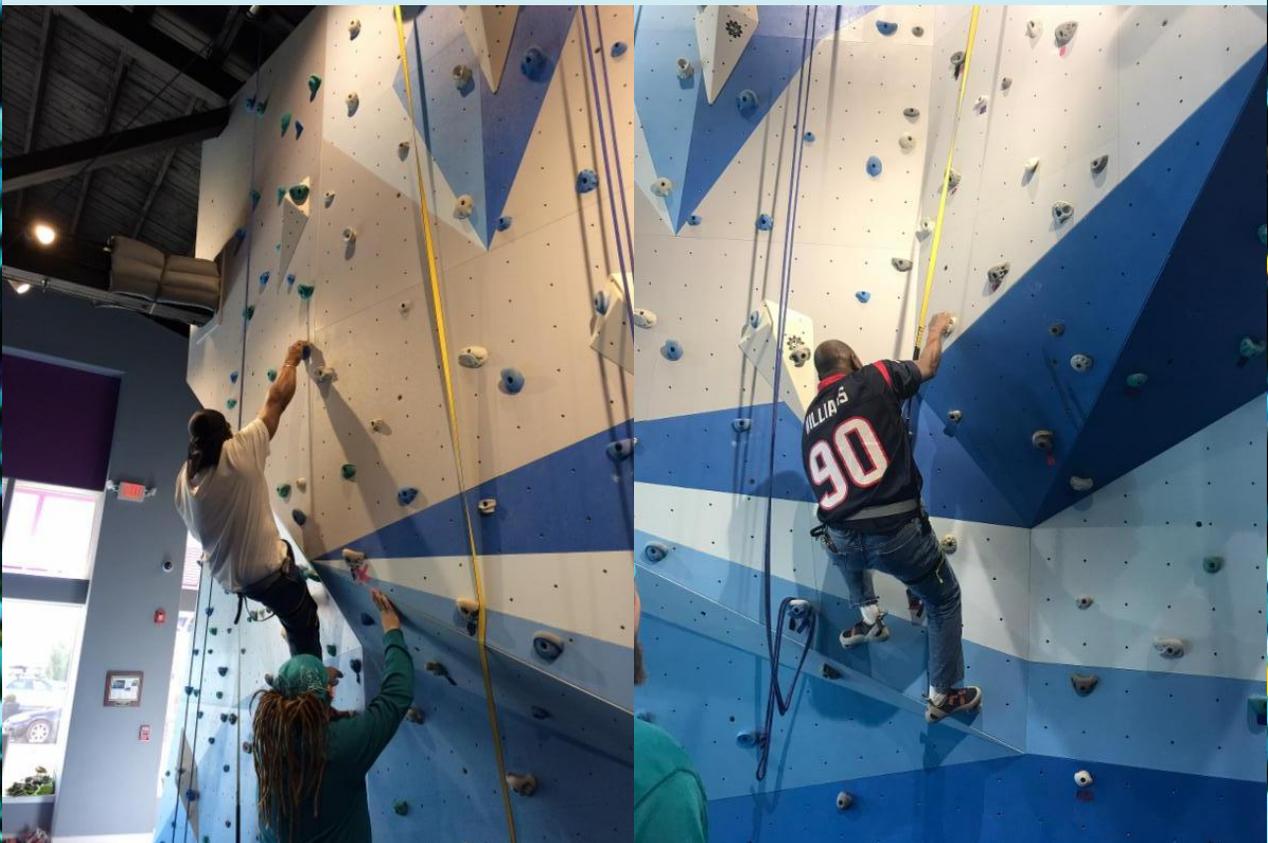


GRAVITY VAULT - MIDDLETOWN



PLAAY Fitness

PLAAY Fitness in Ocean City offered opportunities for both rock climbing and yoga for the advocates who wanted to do it all!





Yoga - Arc of Union

A yoga session was held at The Arc of Union County for some stretching and relaxation. Seventeen advocates participated in an adaptive yoga session followed by a stress management workshop featuring tea tasting, guided meditation, and aromatherapy.





Thanks from RISE

Students from Reaching-Individual-Student-Excellence (RISE) in Port Reading sent a lovely thank you card to NJSAP team member Micheal Pearson, Jr. for presenting a workshop to them about Healthy Relationships.

The card reads as follows:

Dear Mr. Pearson,

Thank you for teaching us some safety rules for relationships. We appreciate all the advice about how to have healthy relationships both online and in person.

We are glad you were able to come out to RISE even though it was the day before Thanksgiving! We appreciate you taking time to tell us many ways to stay away from online traps, too.

Finally, thank you so much for the cool hats! We hope you can come back someday to teach us about other topics

From Your Friends at RISE



Interested in a winter workshop at your location? Hit **REPLY and let us know!**

Healthy Lifestyles Project

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Winter Workshops

The New Jersey Self-Advocacy Project has partnered with the Horizon Foundation for New Jersey to help you learn more about health, wellness, and being the best you! We are happy to tailor our presentation(s) to suit the needs of your group. The New Jersey Self-Advocacy Project Team will visit your location and provide FREE workshops on topics such as:

- Healthy Relationships and Communication
- Healthy Snacking
- Adaptive Yoga and Fitness
- Illness Prevention
- Stress Management through Meditation and Aromatherapy

To set up a date and time for a workshop, please contact:



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See You Next Year!



Welcome 2018 New Year

For more photos from our events and information about upcoming events,
check out our Facebook and Twitter!

