



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

2/15/22

Upcoming Webinar

MO DDD & You: Managing Your Health & Wellness

February 22, 2022

12:30 p.m.

This 30-minute lunch and learn webinar will provide information about free classes offered through the Missouri Association of Area Agencies on Aging (ma4.) These classes are designed for individuals enrolled in a Missouri Medicaid Home and Community-Based waivers and their caregivers. Classes are focused on helping participants manage health and social needs, decrease stress, and improve well-being.

Presenters:

- Lisa Nothaus, Supporting Families Lead, Division of DD
- Erika Saleski, Project Director, ma4 Network
- Amber Vaughn, ma4 Project Coordinator

Target Audience:

- Individuals/self advocates
- families
- stakeholders
- any other interested individuals

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MISSOURI DEPARTMENT OF MENTAL HEALTH