* **What is the HealthMatters program?**

The HealthMatters Program is an evidence based training developed by the University of Illinois at Chicago (UIC). It provides all the resources and knowledge for an individual to start and run a 12 week health and fitness program for individuals with intellectual and development disabilities (IDD). The program is tailored for a small group of participants (about 6-8 people) and meets 2 or 3 times a week over a 12 week period. Each meeting is split into a health lesson paired with a simple fitness activity. The course materials provide a curriculum and DVD laying out step-by-step instructions of how to implement each lesson - what to say, materials needed, fitness exercises, questions to engage participants - in a very easy to follow format. The training also encourages a systems change within your organization and staff to help evolve your organization as a whole into a healthier environment.

* **When are the HealthMatters program webinar trainings?**
* Tuesday, June 16 - 2pm – 3:30pm EST
* Thursday, June 18 - 2pm – 3:30pm EST
* Tuesday, June 23 - 2pm – 3:30pm EST
* **What are the program costs:**

$100 for 3 participants from a Chapter of The Arc.

$150 for 3 participants from an outside disability organization.

\*Each organization needs to also purchase at least one copy of Health Matters Curriculum (curriculum book includes a DVD of printable worksheets, lessons, and posters) – about $60.00

* **What is required to be a certified HealthMatters program instructor?** 
  + A minimum of 3 participants from an organization should attend all 3 webinars
  + Each organization needs to purchase at least one HealthMatters Curriculum
  + Teams MUST schedule 45 minutes of additional time for work collaboration between Webinars 1 and 2 AND Webinars 2 and 3. Total 90 additional minutes.
  + We ask that when you implement the 12-week HealthMatters Program for people with I/DD that you administer a pre/post-test with participants on the first and last day of the 12-week program, and submit the de-identified data to The Arc. Data that we are collecting in participants pre/post tests are: height, weight, BMI, and blood pressure***. Instructors that implement the 12-week program and submit the pre/post-test information to The Arc by December 31, 2015 will receive reimbursement for purchasing the HealthMatters curriculum.***
* **Are CEU’s available?**

Yes - Six (6) credits are provided for Advance Practice Nurses, Registered Nurses, Licensed Practical Nurses, Licensed Clinical Social Workers (LSW, LPC, LCPC), Nursing Home Administrators, Occupational Therapists, Physical Therapists, Qualified Intellectual Disabilities Professionals (QIDP), Registered Dietitians (RDs), Registered Dietetic Technicians (RDTs), Speech Language Pathologists.

* **Who do I contact if I have any additional questions?**

Please contact Kerry Mauger at The Arc’s national office at [mauger@thearc.org](mailto:mauger@thearc.org)

[**Click here to register your organization for this training!**](https://fs8.formsite.com/thearcwebinar/form65/index.html)