

Connecting you to *health & wellness.*

Join NCHPAD Connect and access expert-led virtual programs, personalized resources and a supportive community – **all at no cost to you.**



NCHPADconnect

The National Center on Health, Physical Activity and Disability (NCHPAD) is working to increase access to health promotion opportunities through NCHPAD Connect. Participants have access to a free, online community of health and wellness experts and resources designed to support the personal goals and well-being of people with mobility limitations aged 18 and older. Scan the QR code to start exploring.



nchpadconnect.org



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