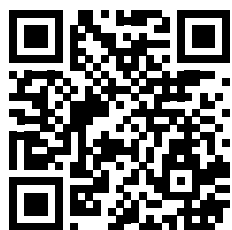




Explore health & wellness opportunities that *fit your lifestyle.*

- ✔ Online Wellness Programs
- ✔ Supportive Community
- ✔ Tailored Resources

Connect with a team of health professionals and a vibrant community dedicated to supporting your journey in building sustainable habits and discovering resources that support your goals – **all at no cost to you.**



Your wellness, your way. Scan the QR code to learn more.

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 well-being of people with mobility limitations aged 18 and older.



nchpadconnect.org



866-866-8896



nchpad@uab.edu