



SESSION 5 AGENDA: LIVING A HEALTHY LIFE

Friday, May 11th, 4:00 p.m. – 8:30 p.m.
&
Saturday, May 12th, 9:00 a.m. – 5:00 p.m.

**Institute for Educational Leadership
4455 Connecticut Ave NW, Suite 310
Washington DC, 20008**

Friday

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| 3:30 – 4:00 | Arrive at IEL |
| 4:00 – 5:00 | Welcome
Review April homework
Discussion of Long-term Project
Hand in homework and list of community activities
Review May packet
Sherri Coles |
| 5:00 – 6:15 | Presentation and discussion about Medicaid and Medicare
Daniel Davis, Policy Analyst in the Office on Disability, U.S.
Department of Health and Human Services |
| 6:15 – 7:00 | Dinner and Video Clips |
| 7:00 – 8:15 | Medicaid and Medicare continued
Daniel Davis |
| 8:15 | Wrap Up
Suzanne Ripley |
| 8:30 | Adjourn |



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Saturday

- 8:30 – 9:00 Arrive at IEL and Continental Breakfast
- 9:00 – 9:50 Living a Healthy Life – a discussion of health and wellness
Suzanne Ripley and Sherri Coles
- 9:50 – 10:00 Break
- 10:00 – 11:30 Olmstead Initiative
Derek Orr, Director for the Office of Disability Rights
- 11:30 – 12:15 Healthy Lifestyles – Topics include medical care and prevention, nutrition, medications and drugs, physical activity, social interactions, hobbies, dental care, recreation, smoking, reproductive and sexual health, mental health
Suzanne Ripley and Sherri Coles
- 12:15 – 1:30 Lunch and videos
- 1:30 – 2:15 Doreen Hodges, Executive Director of Family Voices D.C.
- 2:15 – 3:00 Activity: Healthy Lifestyles - What can one person do to affect change? Writing a testimony advocating for yourself
Suzanne Ripley and Sherri Coles
- 3:00 – 3:15 Break with healthy snacks
- 3:15 – 4:00 More discussion of wellness and what it means to you
Present testimonies, Suzanne Ripley and Sherri Coles
- 4:00 Moving forward with long-term project and new form
Be sure your project is approved and your activities listed before you leave!
- 5:00 Adjourn