

Health & Well-Being Workshops

for Professionals, Caregivers and People
with Disabilities

Earn CEUs!



UCCEDD

University of Cincinnati Center for
Excellence in Developmental Disabilities





The University of Cincinnati Center for Excellence in Developmental Disabilities' (UCEDD) Health Promotion activities and workshops vary among the needs of people with disabilities, their caregivers, and professionals. These trainings are offered throughout the state of Ohio. Contact Erica Coleman, MS, CHES, TTS, Erica.Coleman@cchmc.org for more information.

*CEUs are subject to accrediting agency approval. Inquire with Erica about specific pre-approved CEUs for Nurses, Direct Service Providers, Social Workers, CHES, and Dietitians.

Healthy Lifestyles (HL) Train the Trainer Workshop



A two-day workshop that is fun and educational for people who teach people with disabilities about Healthy Lifestyles. Participants actively experience the national, evidence-based HL workshop and receive all necessary HL training materials. At the end of the workshop, participants will receive certificates as a "Certified Lead HL Trainer."

10.0 CEUs*

Living Independent From Tobacco (LIFT) Train the Trainer Workshop



A three-hour workshop to train professionals on how to implement the evidence-based LIFT curriculum workshops for people with disabilities who want to stop using tobacco. Participants will learn about prevention and cessation strategies, and about how tobacco affects special populations—like people with disabilities.

3.0 CEUs*

Emergency Preparedness for People with Disabilities and their Caregivers



A four-hour training for people with disabilities and their caregivers to provide insight into local hazards and how people living with disabilities can best prepare for them. Participants will explore best practices surrounding disaster preparations and planning. In addition, the training will help individuals and caregivers create their own toolkits.

Promoting Health & Wellness for People with Disabilities



A three-hour workshop that covers health disparities faced by people with disabilities, their health promotion needs, and health care provider activities that promote health and wellness for people with disabilities. Participants also explore hands-on health promotion activities.

3.0 CEUs*

An Introduction to Disability & Making Training Accessible *(Also offered as a Webinar)*



A one-hour training presentation for audiences not as familiar with the disability community or their culture. Participants will learn to understand and know types of disabilities, discuss the use of people first language, and learn how to plan and conduct accessible and inclusive events.



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