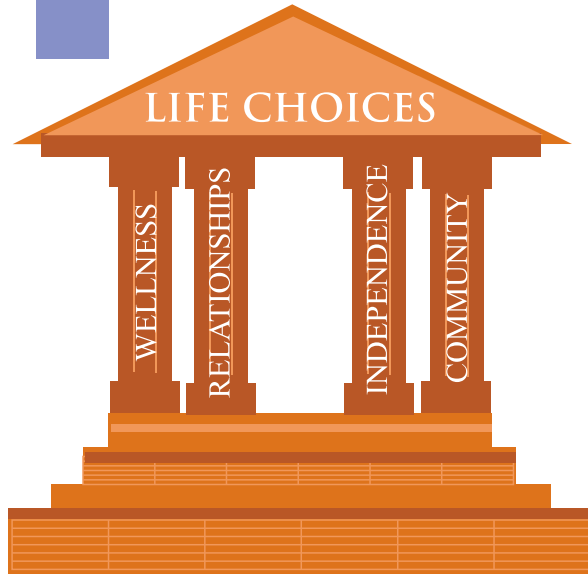


PILLARS FOR SUCCESS



Our Mission

The primary mission of the Arc of East Middlesex is to ensure that people with developmental disabilities and their families are valued, respected, and offered opportunities to direct their own lives.

Meet the Director

Marci Lundin, Director of Life Choices Metro North, comes to us with over 14 years experience in Human Services. She has worked with people who have disabilities for over 5 years and has worked in both residential and life skills training programs. She holds an Associates degree in Education, Bachelors in Psychology and a Masters in Human Services. For more information or to set up a tour, contact Marci at 781-942-4888 Ext. 5017 or mlundin@theemarc.org.

OVERVIEW

Life Choices offers families and participants a dynamic, contemporary and relevant approach to the teaching of healthy lifestyle choices.

Services will be customized to meet the specific needs of participants in small groups of 4 to 5 people.



Groups are created based on age and individuals' interests and needs. Integral to the success of our services are the four pillars, which are: wellness, relationships, independence, and community. Some areas that we focus on include nutrition, fitness, healthy eating habits, cooking classes, independent living skills, social skills, artistic expression, music appreciation, travel training, technology, volunteerism, and community experiences.

Life Choices has several partnerships with local community resources to allow participants opportunities to engage in meaningful community experiences such as integrated fitness classes at the Reading YMCA or participating in programs at the Reading Senior Center. Life Choices has a clinical team which provides nursing, speech pathology, physical therapy, behavioral therapy and occupational therapy services as needed.

LIFE CHOICES OFFERS

- ▶ Strength Training
- ▶ Cardiovascular Fitness
- ▶ Flexibility Training
- ▶ Nutrition Education
- ▶ Grocery Shopping
- ▶ Meal Preparation
- ▶ Personal Hygiene
- ▶ Understanding Technology
- ▶ Personal Finance
- ▶ Artistic Expression
- ▶ Music Appreciation
- ▶ Disability Awareness
- ▶ Social Awareness
- ▶ Effective Communication
- ▶ Healthy Relationships
- ▶ Media Literacy
- ▶ Community
- ▶ Travel Training
- ▶ Community Safety
- ▶ Tai Chi



LIFE CHOICES

PROGRAM FEATURES

- ▶ Technology Center - 7 networked internet ready computers
- ▶ Media Equipment
- ▶ Wii Interactive Gaming System
- ▶ Dance Dance Revolution System
- ▶ Center for Emerging Artists Art Studios
- ▶ Natural Elegance Jewelry Making Studio
- ▶ Therapeutic Spa Room
- ▶ Full Kitchen
- ▶ YMCA Programs: Fitness, Aquatics & Sports Adventure Challenge Course
- ▶ Walking Distance to MBTA services
- ▶ Located in Downtown Reading



The Arc of East Middlesex
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www.theemarc.org



LIFE CHOICES

WHERE LEARNING NEVER ENDS



AND YOU MAKE THE CHOICES

