

Mentors Wanted!

I Can Do It, You Can Do It! Physical Fitness & Nutrition Mentoring Program



You could be a **Mentor** if you,

- ⇒ **Are at least 18 years old**
- ⇒ **Want to make a positive difference in the lives of youth with disabilities**
- ⇒ **Are available at least an hour once a week for 8 consecutive weeks**
- ⇒ **Pass a background check**

What is the *I Can Do It, You Can Do It!* Program?

- Program goal is to improve the health of American youth with disabilities by encouraging them to become more physically active and make better nutritional choices.
- Sponsored by the Department of Health and Human Services, Office on Disability.
- Program matches youth with disabilities (Mentees) with Mentors who meet with them on a regular basis for an eight-week period.



Contact:
Address:

Phone:
Fax:
E-mail:

Support youth with disabilities to achieve a healthier lifestyle!