

# WRAP® Your Wellness Your Way

*Connecting with Others While at Home*



“WRAP has changed my life.”

“My struggles used to knock me over. Now I have a plan for how to stay well.”

“Thank you. I am grateful for having hope in my life!”

“I feel more of a sense of community with the other people in the class now.”

The Wellness Recovery Action Plan (WRAP®) for Seniors Project is a free [zoom - online] program anyone can use to get well and stay well, making life more enjoyable.



Identify simple tools to support healthier and happier aging.

Build on personal strengths and interests.

Feel more hopeful, confident, and engaged in your healthcare.

WRAP® supports people in making their own choices for improved well-being, physical health, and quality of life.



**Want to participate & have an iPad, tablet, or computer?**

**Feel Free to Sign Up!!!**

*Help with getting online & using Zoom will be available before class starts.*

To register contact: National Women Veterans United  
at (872) 731-2150 or [nwvu.org@gmail.com](mailto:nwvu.org@gmail.com)

Tuesdays & Thursdays 10:30AM - 12PM  
July 7, 9, 14, 16, 21, & 23, 2020



The University of Illinois at Chicago is an official  
Chicago Housing Authority Health Partner