

# ***I Can Do It!* Program**

Is your district/school interested in transforming the lives of students who have disabilities? If so, the *I Can Do It!* Program is a fit for you!

The *I Can Do It!* Program is an 8-week school-based physical activity program designed to provide access to, facilitate, and encourage opportunities for students with disabilities to be physically active for 60 minutes a day.

Students are matched with a mentor and meet weekly for 8 weeks. During those weeks, the students and their mentors will engage in physical activity, learn and practice healthy eating behaviors, and set health-related goals.

## **Informational Webinar:**

On Thursday, November 21, 2019, at 2:30 p.m. Dr. Jayne Greenberg, ICDI! National Program Director, will present an informational webinar on the ICDI! Program. To participate in this webinar, please access the following link: <http://stateofmo.adobeconnect.com/icandoit/>. Please follow the instructions on the page on how to access the webinar.

For more information, please see the attached application.