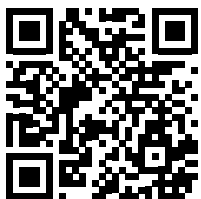




# Every day is a new opportunity to focus on *your well-being.*

Impact your health and find the resources you need to support your goals through NCHPAD Connect – **all at no cost to you.**

The National Center on Health, Physical Activity and Disability (NCHPAD) is working to increase access to health promotion opportunities through NCHPAD Connect – a wellness database that offers participants access to a free, online community of health and wellness experts and resources designed to support the well-being of people with mobility limitations aged 18 and older.



Your wellness, your way. Scan the QR code to learn more.



[nchpadconnect.org](https://nchpadconnect.org)



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