Living to Our Full Potential

The Center on Disability Studies at the University of Hawaii’s Living to Our Full Potential is a new program for Hawaii’s youth and their families aimed at balancing the mind, body, and spirit in fun, new ways, encouraging overall well-being rather than focusing on the well-being of your body.

Learn the art of telling your story in our Tell Well Story Telling Classes taught by Jeff Gere, and learn how to work the muscle of imagination, expand your expressive chops, and tickle the laugh track...

Or learn some new dishes that are less expensive & healthier than fast food restaurants in our Cooking Classes, taught by some of Hawaii’s top chefs...

Or even engage in critical thinking & capacity building in our Youth Leadership Empowerment Academy at the Pacific Rim Conference on Disability and Diversity with some of the nation’s best self-advocacy movers and shakers of the nation!

Whatever your choice is, it is our goal that through our classes, participants will be able to share their own stories, which make them unique: learn that eating healthy isn’t just for the rich; that healthy foods are cheaper than fast food; are healthier, too; that eating well doesn’t need to taste like eating cardboard; and that this generation’s youth will be able to think critically about issues that are important to them & then take action to make a change. All of these workshops & classes are FREE & part of the Center on Disability Studies’ Living to Our Full Potential 2012 program. Be sure to register early for a spot in these activities!

For more information, scholarships, and applications, visit our site at:

www.cds.hawaii.edu/livingtoourpotential

Or contact us at

808.956.4350 – or – livewell@hawaii.edu

Funding was made possible by Grant Number No. 5U79SM57457-05 from the Substance Abuse and Mental Health Services Administration (SAMHSA). The views expressed do not necessarily reflect the official policies of the U.S. Department of Health and Human Services; nor does any mention of trade names, commercial practices or organizations imply endorsement by the U.S. government.