



ANY BODY CAN

Health & Wellness Program

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www.anybabycansa.org



Any Body Can is a 3 month exercise and nutrition program designed specifically for people with unique learning abilities.

Any Body Can strives to promote nutrition education, physical fitness, & inclusion of individuals diagnosed with developmental disabilities through the offerings of recreational fitness, fitness exploration, nutrition education, and family involvement.

This is a project of the Texas Council for Developmental Disabilities.

Every child deserves a chance at a better life.

All children can achieve maximum potential.

Services

- 8 Weekly visits from Adaptive Fitness Specialists
- 4 parent nutrition education classes
- YMCA registration fee provided
- Wellness Navigator/Journal
- Type 2 Diabetes Prevention Education
- The whole family is included
- Bi-weekly group exercise classes for all

The Any Body Program is available to all families with a school-aged child (4-21 years) diagnosed with a developmental disability. All services provided are free of cost, and we serve residents in Bexar and Comal counties.

Call Any Baby Can for more information.

(210) 227-0170

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*\$228,610(71%) DD funds; \$93,250(29%) non-federal resources

