

Arc Health

Promoting Wellness. Driving Change. Empowering Voices.

Happy New Year! We're starting the year with a *mini edition* as we head into a full February. Subscribe to stay connected.

Questions or feedback? Let us know!
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Announcements

Registration is open for The Arc of PA's **2026 Disability Health Action Summit** from May 19-20. Visit our website for more information and tickets.



Awareness Round-Up

Monthly

Cervical Health Awareness
International Quality of Life
National Birth Defects Prevention
National Blood Donor

Daily

4th - World Braille Day
23rd - Maternal Health Awareness Day

Get Involved

The Arc of PA Events:

Activities hosted by The Arc of PA, including ACRE trainings, IncludeMe series, and more!

MyODP Events:

Opportunities hosted by ODP for support groups, virtual physical education classes, and more!

Temple University Institute on Disabilities Events:

Learning opportunities, training series, and community engagement events hosted by Temple IOD.

Events Calendar from PA Autism:

A comprehensive calendar of events from different organizations across Pennsylvania.

Looking to get involved at your local Arc chapter? See information here.

WELLNESS Corner

Wellness doesn't have to start with a big "New Year's resolution". Making habits that are realistic for you and accessible can support your long-term well-being. Focus on goals that feel achievable rather than adding unnecessary stress.

