

OREGON STATE UNIVERSITY

LEARN MORE ABOUT HOW YOU CAN BE ACTIVE, WORK SAFE

If you: Are 18-64 • Have a physical, intellectual, or emotional disability • Are receiving disability services • Communicate in English • Have access to a computer and the Internet

You may qualify to take part in an online program to learn how to be active and work safe.

About the Program: • Completed online at your convenience over 8 weeks
• 30-60 minutes each week • Completely voluntary • Compensation available



IF YOU ARE INTERESTED IN LEARNING MORE

Please email or call: Dr. Laurel Kincl at
health.disability@oregonstate.edu or **541.737.1445**



Be active, Work safe is part of a research project being conducted by Dr. Laurel Kincl at Oregon State University and Dr. Simon Driver at Baylor Institute for Rehabilitation. Participants are needed to determine the effectiveness of the project on increasing physical activity and workplace safety for people with a disability. It is funded by the Oregon Healthy Workforce Center.



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