

Wellness Without Limits

A COALITION WITH A MISSION

[Learn More On Our Website By Clicking Here!](#)

MISSION:

To empower individuals and communities by fostering inclusive health and wellness opportunities, with a focus on addressing the unique needs of adults with disabilities, enabling them to lead healthier and more fulfilling lives.

VISION:

A thriving, inclusive community where all individuals, regardless of ability, have equitable access to resources, programs, and support that promote lifelong health and well-being.

We are stronger together.

Wellness Series

Wellness Without Limits (WWL) will host a Wellness Series that offers one event per month focused on inclusive, accessible, and diverse opportunities open to the entire community.

Each month's activity will be led by a different organization but supported and facilitated by all partner organizations. Every event is designed to ensure that regardless of age or ability, anyone can participate as they seek to engage in their own health & wellness journey, meet new people, and try new things!

Our core belief is that when we design opportunities with accessibility in mind, we ALL benefit. Designing them in collaboration? Even better.

Collaborating Organizations



[EmpowerMe Living](#)



[Autism Connections](#)



[Collective Visions](#)



[The Down Syndrome Association of Greater Cincinnati](#)

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