

Welcome to the Happy, Healthy and Well Resource Guide!

This guide can assist caregivers and supporters to help the people they serve make healthy choices to improve nutritional, physical, and emotional well-being.

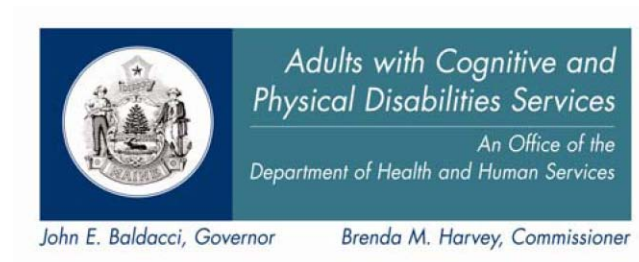
This Guide is one component of the **Happy, Healthy and Well** Initiative. The coordinating pieces of **Happy, Healthy and Well** are:

- Consumer Booklets - created for people supported
- Caregiver Guides - created for caregivers and supporters
- Resource Guides - distributed to facilities and homes for use by caregivers and supporters to enhance effectiveness of the Caregiver Guide and Consumer Booklet

The Department of Health and Human Services, Office of Adults with Cognitive and Physical Disability (DHHS OACPD) is the lead agency in the **Happy, Healthy and Well** Initiative.

Other partners include:

- University of Southern Maine, Muskie School of Public Service
 - Maine Nutrition Network
 - Center for Learning
- Speaking Up For Us (SUFU) of Maine



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