

# Congratulations on your new tablet!

*Would you like to learn to use it to connect with other people your age?  
UIC\* will show you how to use Zoom to take a new wellness class designed for seniors  
called Wellness Recovery Action Plan or WRAP®.*



WRAP is a free program that anyone can use to feel less isolated & more in control of their life. It is offered online using Zoom, with UIC tech supporters available at every session.

“With WRAP, I’m in charge of my life again.”  
“Now I have a plan for how to stay well.”  
“I don’t feel so alone. I know how to reach out for help.”  
“I’m getting out safely for walks now.”



- \* Discover your own easy & fun wellness tools.
- \* Develop a simple plan for daily wellness.
- \* Decide how you want to handle stress, negative thoughts & challenging times.

- WRAP supports people in making their own choices for improved well-being, physical health, & quality of life.
- People create a personal Wellness Toolbox & Plan containing things **they enjoy doing**.



To learn more about using your tablet to take WRAP, contact Sean Johnson at [seanj@uic.edu](mailto:seanj@uic.edu) or (312) 286-4618. You can also see dates & times of upcoming classes & sign up at: <https://bit.ly/38b5GkQ>.

\*University of Illinois at Chicago



The University of Illinois at Chicago is an official Chicago Housing Authority Health Partner

# Your Wellness Your Way

## Here's what you'll take away from the class

- ✓ You'll leave with a personalized binder containing your WRAP plan.
- ✓ You'll have new social contacts with people who are also using their plans.
- ✓ You'll learn new things about yourself and how to build on your strengths.
- ✓ You'll receive a framed certificate for completing the WRAP program.

## Here's what you'll do in the WRAP Program

- **Session 1:** Meet the WRAP instructors, learn how WRAP works, and recall what you're like when you're feeling well. Learn about the 5 Key Concepts of WRAP and how they can support your wellness.
- **Session 2:** Create a Wellness Toolbox containing your personalized strategies for handling difficult times. You may decide to borrow a wellness tool or 2 from the instructors or other participants!
- **Session 3:** Create a short list of things to do every day to stay well and see how much better you feel after a week or so. Learn how to manage things that make you feel uncomfortable.
- **Session 4:** Learn your Early Warning Signs of declining health and your power to act right away to prevent feeling worse. Get tips for how to talk with your doctors to get the health care *you* want and need!
- **Session 5:** In case you ever need it, create a plan for emergencies that keeps you in control, even when it seems like things are out of control. Learn how to turn negative thoughts into positive ones. It's easier than you think!
- **Session 6:** Create a plan to guide you as you heal from feeling unwell. Get back into action when *you* feel you're ready! Learn how to make your WRAP plan work for you by changing it as needed. Now you've completed the WRAP Program - great job, let's celebrate!



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