The Arc of Multnomah-Clackamas provides advocacy, support, and services to children and adults experiencing intellectual and developmental disabilities [I/DD] and their families.

We have been removing recyclable materials from the greater Portland area waste stream for 40+ years. In turn, we use the proceeds from selling these items and materials to fund our programs and services.

H E A L T H Y  L I F E S T Y L E S:  Y O U R  H E A L T H ,  Y O U R  C H O I C E

An evidence-based holistic health and wellness program for people experiencing I/DD

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Designed for and by people with disabilities, the Healthy Lifestyles program is committed to providing individuals with tools and knowledge to set goals and make informed decisions to increase their overall health and wellness.

The primary goals are to help participants understand and examine their personal values, choices, and health; learn more about the five areas of a healthy life; develop a self-determined health and wellness plan; and build a support system of peers.

The program focuses on the five areas of a healthy lifestyle: emotional health, physical health, values and beliefs, social health, and health through meaningful activities.

Healthy Lifestyles is open to individuals ages 15+ who experience an intellectual or developmental disability.