



## Office of Developmental Programs (ODP) August 2026

### Training and Events Calendar

#### [Move Your Way® for Mental Health](#)

**Date:** 8/14/2026

**Time:** 1:00 PM – 2:00 PM

**Description:** Physical activity is one of the most effective—and often underutilized—tools for supporting health and overall well-being. Physical activity is proven to help reduce stress, improve mood, enhance sleep quality, increase resilience, and support long-term mental wellness. This webinar provides a brief reviews ODP’s Move Your Way campaign, the Physical Activity Guidelines for Americans, and broadly explores the mental health benefits of physical activity. The session emphasizes that physical activity doesn't have to be intense or rigidly structured to provide meaningful benefits. By focusing on activities people enjoy, the Move Your Way campaign encourages sustainable lifestyle changes that improve both physical and mental health.

**Audience:** All Interested Stakeholders

#### [Supporting Community Inclusion: The Role of the Support Coordinator \(SC\)](#)

**Date:** 8/28/2026

**Time:** 12:30 PM – 2:00 PM

**Description:** Based on the National Core Indicators, ODP wants to continue to improve the satisfaction scores, specifically with community inclusion. Through

data analysis and communicating with self-advocates, this training will provide ways that Supports Coordinators can help individuals explore meaningful ways to participate in their community.

**Audience:** Supports Coordinators (SCs) and Administrative Entities (AEs)