

# *The Big Picture:*

*Building local foundations for a stronger community.*

**MyLife Day Services is an extension of Sertoma, whose mission is to provide programs and services that empower adults with intellectual and developmental disabilities to achieve their fullest potential.**

**MyLife Day Services was created to provide safe, supportive, and stimulating programs throughout the week to those who:**

- **Have aged out of the school system**
- **Are waiting to receive funding for services**
- **Receive partial funding but desire additional support**
- **Opted not to receive support through the State of Tennessee**

Focused Solutions Can **BIG** Produce... **SMILES**

## **Program Highlights:**

- **Flexible Schedule with Daily Rates**
- **Guest Speakers and Instructors**
- **Transportation Cost Included for Community Based Activities**
- **Meal Program Available**
- **Structured Daily Activities**
- **Community Inclusion**
- **Medical Staff On-Site**

## **Activities:**

- **Pre-Vocational Skills**
- **Leisure Education**
- **Therapeutic Arts**
- **Socialization**
- **Recreational Activities**
- **Community Integration**
- **Educational Programs**
- **Volunteer Opportunities**
- **Independent Living Skills**

## **Staff:**

- **Medication Administration Certified**
- **First Aid/CPR Certified**
- **Certified in Crisis Prevention**
- **Knowledgeable**
- **Well-trained**
- **Compassionate**
- **Completed Background Check**
- **Drug Screen**



# Why MyLife?



- Promotes Independent Physical Functioning
- Fosters Independent Cognitive Functioning
- Ensures Safe and Caring Environment
- Provides Care with Pride, Dignity, and Respect for Each Person
- Promotes Sense of Belonging and Friendship



## Contact us

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*Hours of Operation:*  
Monday-Friday  
8:00AM - 5:00PM

*Website:*  
[www.mylifedayservices.com](http://www.mylifedayservices.com)

