

Get YOUR Power for a Dancing December with Self Advocates United as 1!



Fri. Dec. 3 3 to 4pm

Holiday Dance Party!

Want to hear
your favorite Holiday song?
Call 724 588 2378 or
email Sierra@sau1.org
with your favorite by Thurs. Dec. 2.
We'll add as many as we can
to the dance list.

Thurs. Dec. 9 1 to 2:30pm

Let's Speak Up! A SAPNA event

Do you know your rights?
Are you getting what you want and need?
Join us to learn all about speaking up.
Tell us ways YOU speak up!

Wed. Dec. 15 1 to 3pm

Let's Talk about Your Vision For YOUR Everyday Life!

What do YOU want in your life?
How do you make it happen?
Who can help?
Learn how to plan for, and get,
the life YOU want.
A SAPNA event



SAU1 Power Staff, Oscar
after he got the Covid vaccine.

Tues. Dec. 21 10:30 to 11:30am

How's Covid going for YOU? A SAPNA event

Have you been able to get out and do the things you want?
Is your provider listening to your ideas? What's up with the vaccine?
Folks from the PA Office of Developmental Programs (ODP)
want to hear from YOU!
Only callers with disabilities can share their questions and experiences.
Family, staff, and others are welcome to listen and learn.

For video and audio by computer or smartphone,
get the passcode from Rita anytime before the event!
Call [724 588 2378](tel:7245882378) or Email power@sau1.org

The day of the event, go online at
zoom.us/j/2233445555

then enter the passcode,
or join right from our online events calendar at
sau1.me/events and enter the passcode.

Video includes closed captioning.

For just audio on any phone:
dial [\(646\)876-9923](tel:6468769923), then meeting
ID 223 344 5555 ##

For just audio from your smartphone:
tap [+16468769923](tel:+16468769923), [2233445555#](https://zoom.us/j/2233445555)
and wait to hear
"You are in the meeting now."

Our mission is to support the self advocacy of people with disabilities for positive impact in our communities and in people's lives.

Get your free SAU1 Mask.
Call [724 588 2378](tel:7245882378) or
email Rita@sau1.org

Self Advocacy Power Network for All (SAPNA) is a project of the
PA Office of Developmental Programs, managed by Self Advocates United as 1.