

Join SAU1 to Power Your Life with

Fire Up Fridays!



A non profit **BY** people with disabilities **FOR** people with disabilities.

January Virtual Events

• All About Our Wellness!	Jan. 9	10:30 am to 12 noon
• Power Talk with ODP!	Jan. 16	10:30 am to 11:30 am
• All About Your Life: Choice and Control!	Jan. 23	10:30 am to 12 noon
• All About Relationships!	Jan. 30	10:30 am to 12 noon

How to Join:

- Call Carla at 724 588 2378 or email power@sau1.org to get the passcode anytime before the event.
- At the start time, type sau1.me/zoom in your browser, then enter the passcode.
- For just audio from a Smartphone: tap **+16468769923,,2233445555#** and wait to hear "You are in the meeting now."
- For just audio from ANY phone, dial **646 876 9923**, then enter the meeting ID: **223 344 5555 #**

Friday, Jan. 9, 10:30 am to 12 noon

All About Our Wellness!

- Are you thinking about how to be the best you?
- Join us to talk about what wellness means and the different kinds of wellness.
- We'll learn about stress and why some stress is good for us!
- Share your ideas for wellness, too!
- Each person can start their own plan for their wellness.

Friday, Jan. 16, 10:30 am to 11:30 am

Power Talk with ODP! Join us for our monthly chat with staff from the PA Office of Development Programs (ODP), the government office that oversees and funds supports and services for people with ID/A. People with ID/A can speak up with ODP staff and others are welcome to listen and learn.

Email your questions or comments to Christine@sau1.org by Wednesday, Jan. 7 and she'll add them to the list for ODP.

Friday, Jan. 23 10:30 am to 12 noon

All About Your Life: Choice and Control!

- Let's talk about what self direction is and different supports and services available to you.
- Learn the rules that protect your rights, what choice and control is in YOUR life.
- Find out about participant directed services and make your own one page profile, to let people know what you want and need in YOUR life!

Friday, Jan. 30, 10:30 am to 12:00 noon

All About Relationships!

- Join us to talk all about relationships!
- We will go over the different kinds of relationships and how we make them.
- Learn what healthy and unhealthy relationships look like,
- Learn what abuse is, and what to do about abuse.

Save these dates in February for the rest of our Fire Up Fridays!

- **All About Rights! Part 1** **Feb. 6** **10:30 am to 12 noon**
- **All About Rights! Part 2** **Feb. 13** **10:30 am to 12 noon**
- **Power Talk with ODP!** **Feb. 20** **10:30 am to 11:30 am**
- **All About Jobs!** **Feb. 27** **10:30 am to 12 noon**



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