

Join SAU1 to Power Your Life with

⚡ **Fire Up Fridays!** ⚡



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

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## 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:<br>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](mailto:power@sau1.org) to get the passcode anytime before the event.
- At the start time, type [sau1.me/zoom](https://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](mailto: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!**

- |                                   |                |                             |
|-----------------------------------|----------------|-----------------------------|
| • <b>All About Rights! Part 1</b> | <b>Feb. 6</b>  | <b>10:30 am to 12 noon</b>  |
| • <b>All About Rights! Part 2</b> | <b>Feb. 13</b> | <b>10:30 am to 12 noon</b>  |
| • <b>Power Talk with ODP!</b>     | <b>Feb. 20</b> | <b>10:30 am to 11:30 am</b> |
| • <b>All About Jobs!</b>          | <b>Feb. 27</b> | <b>10:30 am to 12 noon</b>  |



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