

Registration Fee: One non-perishable food item, brought to the conference.



Registration Form Due By:
Sept 22, 2008
Registration limited to 80 people

Send form to:

Genevieve San Angelo, P.O. Box 872,
Southbury, CT 06488-0901 or email to:

Genevieve.sanangelo@ct.gov

Name: _____

Address: _____

Phone: _____

Name of Support Person (if needed):

Please list diet consistency accommodations if necessary:

Questions ?

Call Genny SanAngelo
203-586-2143



**SPEAK UP...
SPEAK OUT!**

Enjoy an awesome day of learning, fun and community
Join the Statewide Self-Advocate Coordinators as the lead us in a day packed with fun activities, good food, friends, music and dancing.



7th Annual Self-Advocates Conference On Personal Health and Well-Being



October 10, 2008

9:00 am -2:00 pm
Memorial Hall, Main Street
Bethlehem, CT 06751

Sponsored by: Southbury Training School/ Supported by DDS- West Region

7TH ANNUAL SELF-ADVOCATES CONFERENCE ON PERSONAL HEALTH AND WELL BEING



Date:
Friday October 10, 2008

Location:
Memorial Hall, Main
St. Bethlehem, CT
06751

GOAL OF CONFERENCE:

Self advocates will have the opportunity to learn about and practice team building skills that help us to have healthy lives and participate in community life.



State of Connecticut

Department of Developmental Services



PROGRAM AT A GLANCE:

9:00-9:30

Registration and Refreshments

9:30-10:30

Keynote

In the year of the Olympics, the challenges and commitment of athletes, gives us examples of what hard work, teams and community can do. Special Olympians, Coaches and Ambassadors will share their messages on what it takes to be healthy in body, mind and spirit and the perseverance it takes to meet personal goals and be champions!



10:45-11:30

Team Building Exercises- What it takes to be part of a team, to make things happen. Self-advocates will have the opportunity to participate in a number of activities that will build on skills of working together, speaking up and speaking out!



11:30-12:00

Community Building Activity- Giving back builds strength in ourselves and our communities. Bring a non-perishable food item to the conference to share in this activity.



12:00-2:00

**Lunch by
Leonardo's**

and

**Dancing and Entertainment by The
Rubber Band**

