

# MINDFULNESS & DISABILITY

SUNDAY, DECEMBER 4 • 3:30PM

Disability, Autism, Mental Health,  
Neurodiversity & more:

## A Mindfulness Approach

**Gabrielle Kaplan** will share her experience as a mother, inclusion advocate author, and educator and how mindfulness will bring more wellness to you and your loved ones and enrich your relationships.



**FREE**

For more information  
email **Karina Szulc** at  
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