



## Central Region

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### Happy January and Happy New Year from Central!

Central had a busy and fun time during the month of December where we celebrated and said goodbye to 2024. At our Central Chill and Chat with Coffee we talked about our favorite holiday tunes and traditions, holidays around the world, winter “would you rather”, and we played some holiday mad libs. (Do you know what a Holiday Whooby Whatty is?)



Sam showed us a video and now we all know!)

We braved the weather and had our in person holiday party and cookie swap in December. We had some fun celebrating the holidays with our annual mystery greeting! It was great to see each other in person and on zoom. We also had a meeting and talked about SDM, human rights, transportation, and legislative updates.

In January, we look forward to setting our 2025 goals, and thinking about where we are now and where we want to go! We hope to discover more self-advocacy groups in our region and to meet new members. Many of us continue to connect with other advocates and work on issues that are important to us, like SDM, transportation, and human rights! Our voices matter!



**Winter schedule: We will continue our meetings on zoom only for the winter months through March of 2025. Chill and Chat with Coffee will be held on Wednesday, January 8<sup>th</sup> from 5-6:30 PM and regional meetings will be held on the 2<sup>nd</sup> Tuesdays from 5-7PM and the 4<sup>th</sup> Tuesdays from 3:30-5:30PM. Feel free to join us!**

**Once again, Happy New Year and happy 2025 from Central!**

