

Central Region

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Happy September from Central Region!



This month is Self-Care September! Do something nice for yourself!

We hope you had a wonderful, warm summer and are ready for the colorful, chillier days of Fall! In August we had a lot of fun at our annual cookout at Regatta Point State Park. Some of us also attended an accessible recreation day at Dunn's Park in Gardner, where we saw a lot of people we know. Great food and friends! Even though the end of summer is near, we still had lots to celebrate, and we did!



At regional meetings, we talked about SDM and the hearing on September 9th, the MASS Conference on November 22nd, transportation, ADA Days, I-SALS classes, and we talked about watching the movies Crip Camp and The Ride Ahead.

We look forward to more advocacy (and some fun!) in September, which by the way, is Hispanic Heritage month!



Also, remember self-care month, and do something nice for yourself!

