

Invisible Disabilities Association

FREE Online True Help® Disability Web Expo September 27th

Join Us for This FREE Online Event!



7 a.m. – 2 p.m. (PST) / 8 a.m. – 3 p.m. (MST) / 9 a.m. – 4 p.m. (CST) / 10 a.m. – 5 p.m (EST)

The [Invisible Disabilities Association](#) is teaming up with [Allsup](#) for a great expo with more than a dozen leading nonprofit organizations presenting.

Virtual booths with experts in health, Social Security Disability Insurance, financial planning, Medicare and health insurance will be available to provide screening services, answer your questions and listen to your feedback.

This free online event will support the specific needs and interests of people with disabilities and chronic illness. Caregivers, healthcare providers and the general public also are encouraged to attend.

Network with others, register for prizes, live chats and more!

Don't Miss the Live Chats with Our Experts! Times below based on Mountain Standard Time.

- **8:15 - 9:00 a.m.** **Making the Most of Your Web Expo Experience** with Allsup.
- **9:00 - 9:50 a.m.** **Be Expedition Ready - Learn about preparing for the journey of care giving** with [Antarctic Mike \(Pierce\)](#) and IDA President, [Wayne Connell](#). Mike is a Speaker, World Record Holder, Caregiver to his wife, [Angela](#) and [IDA Ambassador](#). Mike and Angela will be our Keynote Speakers for the [2012 Honor Awards Banquet](#) on October 14th. Don't miss it!
- **10:00 - 10:50 a.m.** **Ready, Set, Thrive - Nine new rules for engaging change and managing stress** with [Jeff Vankooten](#), Speaker, Trainer and [IDA Executive Board Member](#) who lives with Bipolar Disorder.
- **11:00 - 11:50 a.m.** **7 Realities of the Invisible Becoming Visible** with IDA Founder and President, [Wayne Connell](#).
- **12:00 - 12:50 p.m.** **Communication Do's and Don'ts for People with Disabilities** with [Kathe Skinner, MA, LMFT](#), Marriage and Family Therapist and [IDA Executive Board Member](#). Kathe also lives with Multiple Sclerosis. She and her husband, David, specialize in counseling couples with a spouse living with chronic illness.
- **1:00 - 1:50 p.m.** **Humor for Health & Well-Being** with [Karyn Buxman, RN, MSN, CSP, CPAE](#), Nurse, Hall of Fame Speaker, Humorist and [IDA Advisory Board Member](#). She is also the Founder of the [Journal of Nursing Jocularly](#).
- **2:00 - 3:30 p.m.** **Your Changing Brain - The owner's manual to your mind** with [Rick Watson](#), CEO [DRS Health Group](#) and [IDA Executive Board Member](#). DRS Health Group addresses emotional wellness and cognitive capacity practices.

The [Invisible Disabilities Association](#) (IDA) is a non-profit organization that has been encouraging, educating and connecting people and organizations touched by invisible disabilities around the world since 1997. IDA provides awareness, articles, pamphlets, booklets, radio interviews, videos, seminars, events, resources, an online social

*A 501(c)3 Non-Profit Encouraging, Educating
and Connecting People and Organizations
Touched by Illness, Pain and Disability.
www.InvisibleDisabilities.org*