

# Join SAU1 to Power Your Life this winter with Fire Up Fridays



**A non profit BY people with disabilities  
FOR people with disabilities.**

## February Virtual Events

**All About Relationships! Feb. 7 10 am**

**All About Rights - Part 1 Feb. 21 10 am**

**All About Rights - Part 2 Feb. 28 10 am**



[724 588 2378](tel:7245882378)



[sau1.me/facebook](https://sau1.me/facebook)



[sau1.org](https://sau1.org)



[sau1.me/instagram](https://sau1.me/instagram)



[info@sau1.org](mailto:info@sau1.org)



[sau1.me/linkedin](https://sau1.me/linkedin)



[984 Water St.](#)  
[PO Box 297](#)



[sau1.me/invest](https://sau1.me/invest)

[Meadville, PA 16335](#)

## How to Join:

For video and audio by computer or smartphone, go to [sau1.me/power](http://sau1.me/power).

For just audio from a smartphone: tap [+16468769923,,2233445555#](tel:+16468769923,,2233445555#)  
and wait to hear "You are in the meeting now."

For just audio from any phone: dial 646 876 9923,  
then meeting ID: 223 344 5555 ##

## Tell us what you need!

Would something help you be part of our events,  
like sign language or CART?

Let Carla know two weeks before the event and we'll make it happen!

Call or text Carla at [814 201 6061](tel:8142016061) or email at [carla@sau1.org](mailto:carla@sau1.org).

## Share your Power!

Invite your friends, family, staff, allies, and other guests!

All are welcome to listen and learn.

**Keep an eye out for events in your area:**

go to [sau1.me/events](http://sau1.me/events) for the latest news on our local Power Events.

## Power the Power of SAU1

At the end of every peer-to-peer empowerment event, our guests join us to shout our motto: "KNOWLEDGE IS POWER...USE IT!"

We work every day to change the world that has  
left people with disabilities powerless for too long.

Join us!

Invest in the Power of SAU1 with your donation at [sau1.me/invest](http://sau1.me/invest).

You can also invest by sharing this information with everyone you know!

## **All About Relationships!**

**Fri. Feb 7, 10 to 11:30am**

Everyone has relationships with other people.

- What are the different kinds of relationships?
- How do people make and grow relationships?
- How do we know if a relationship is healthy?
- What can we do if a relationship is not healthy?

Join us to talk All About Relationships!

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## **All About Rights in 2 parts!**

**Part 1: Fri. Feb. 21, 10 to 11:30 am**

**Part 2: Fri. Feb. 28, 10 to 11:30 am**

Everyone has rights.

Are your rights respected?

Let's talk about human rights, civil rights and the history of people fighting for their rights.

Learn the rules about people's rights when they get services.

Find out how to make a complaint if your rights are not respected.

Share ways to speak up for YOUR rights!