

Reaching Hands Support Group Meetings	Description	Speaker
<b>3rd Friday, January 19th</b>		
Wallet ID Cards	Raising disability awareness to first responders	Officer, Troy Schultz
<b>3rd Friday, February 16th</b>		
Black History Month	Struggles of disabilities in various ethnic groups throughout history	Mr. Eugene Fultz, former Mayor
<b>3rd Friday, March 15th</b>		
World Oral Health Day	Oral habits & health	Debbie Alderman
<b>3rd Friday, April 19th</b>		
Health Care Decisions Day	Physician choices & resources	Lake Wales Public Health Dept, Dr. Joy Rodriguez, Samantha Ext 5192
<b>3rd Friday, May 17th</b>		
Mental Health Awareness	Links between disability & poverty, estate planning	Jason Penrod, Family Elder Law Firm
<b>3rd Friday, June 21st</b>		
Natural & Nutritional Health	How nutrition & natural alternatives play a role in our wellbeing	Dr. Anuha, Natural Medicine Center of Lakeland, Jennifer
<b>3rd Friday, July 19th</b>		
National Disability Independence Day	Independence support resources	ACL - Administration for Community Living
<b>3rd Friday, August 16</b>		
Ways to Relax & Destress	How stress impacts people with IDD	TBA
<b>3rd Friday, September 20th</b>		
Emergency Number Day	Responding in emergency situations, poison control, etc.	Lake Wales Police Department
<b>3rd Friday, October 18th</b>		
Chamber of Commerce Day	Needs of our IDD population	Lori Beyer