

A decorative graphic of green leaves and stems with small glowing lights, extending from the top left corner towards the center.

# Invisible Illness Awareness Week

September 10 - 14, 2012

Richmond Centre for Disability is presenting a week of wellness based, empowering & educational activities to provide awareness through the Invisible Illness community, services & healthcare providers and the general public at large.

## Daily Activity Highlights

- 10 a.m. Wake up & Get Networking for your Health
- 11 a.m. Wellness Activities
- 12:30 p.m. Learning @ Lunch
- 1:30 p.m. Enrichment Presentations
- 2:30 p.m. "Take a Breath & Really Enjoy it" Stress Reduction Activities
- 3:30 p.m. Networking & RCD Mini Open House

## **" We Are Visible " Parking Lot Party**

**Sep 11, Tuesday, 12-3 p.m. at the RCD**

BBQ, Music Performance, Launch of RCD Promo Video

## **" We Are Visible " at Ceili's Irish Pub**

**Sept 12, Wednesday, 5-7 p.m. at Ceili's Irish Pub**

"Pre-Show" Pub Night, Burger & a Drink

Ticket @ \$12

## **" We Are Visible Even After Dark " Show**

**Sept 12, Wednesday, 7-9 p.m. at Richmond General Hospital Ralph Fisher Auditorium**

An evening of distraction through positive messages and inspiring performing arts

Ticket @ \$8, parking included

**SPECIAL COMBO TICKET – Pub Night and Performing Arts Show \$15 per person**

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