



**Empowering You to Do, Be and Live More Fully**

October 15 – 18 | Erie, Pennsylvania

## **PRESS RELEASE**

**For Immediate Release  
September 10, 2019**

**For more information, please contact:**

Amy L. Bovaird, author, speaker and educator

Cell: 814-431-4266, [amy@amybovaird.com](mailto:amy@amybovaird.com)

### **Disability InSIGHTS**

Erie, PA – On Friday, October 18<sup>th</sup>, Amy Bovaird, author of the Mobility memoir series, in partnership with the Sight Center of NWPA and the West County Lions Club, will host a seminar offering insights into various disabilities. Keynote Speaker Maxwell Ivey Jr. (Houston, TX) and 6 other speakers will share their personal stories, which include sight loss, deaf blindness, mental illness and Autism. The speakers will address the challenges they have experienced and strategies that have led to their successes.

The Autism presentation will feature a panel of three speakers, who will share their backgrounds, take questions and discuss topics that crop up.

Bios and Event Schedule can be found [here](#).

Display tables feature:

- Low vision aids, devices and information
- Blind and adaptive hands-on make-up, hair styling and shaving demos
- Spine and Back Pain information from River of Life Chiropractors
- Information and representation from area lions' clubs
- Speakers' books, merchandise and various art work

The target audiences for Disability InSIGHTS are individuals with disabilities, their families, caregivers, support staff, and friends. The focus of the event is to connect, share resources and increase motivation.

The seminar will be held on Friday, October 18<sup>th</sup> at the Tom Ridge Environmental Center from 10:30 am - 3 pm. There will be a chair yoga session in the morning, and a thirty-minute break with snacks halfway through. The cost is \$10 per person. Pre-register at the following link: <https://amybovaird.com/disabilityinsights/>

For more information, contact Amy Bovaird directly at 814-431-4266 or visit her website at [amybovaird.com](http://amybovaird.com). You can email her at [amy@amybovaird.com](mailto:amy@amybovaird.com)