

BIRCH FAMILY SERVICES

ACROSS THE LIFESPAN



Across the Lifespan presents a series of workshops focusing on the health and wellness of young adults with autism spectrum disorder. Workshops will focus on yoga and mindfulness, friendships and dating, and nutrition. Each series of workshops will be facilitated by experts in their content area and have two program assistants available.

The Health and Wellness Series will meet on Tuesday evenings starting September 18, 2018.*

YOGA AND MINDFULNESS: September 18 – October 23
FRIENDSHIPS AND DATING: November 6 – December 11
NUTRITION: December 18 – February 5 (no sessions on 12/25 & 1/1)

All workshops will be held at Birch's Administrative Office
2nd floor Training Room • 104 W 29th Street, New York City
5:30-7:00 pm

For more information or to register please contact Kari-Ann Wanat Assistant Director of New Frontier at newfrontier@birchfamilyservices.org or 212-616-1845.

*You can attend all three series of workshops or the series that interests you.

The Health and Wellness series is presented under the auspices of **ACROSS THE LIFESPAN**, a series of seminars and workshops for individuals on the autism spectrum and their families.



Birch Family Services is dedicated to supporting children, adolescents and adults with autism and other developmental disabilities as they learn, through our education and community programs, to live more independently, obtain competitive employment and become integral members of their communities. We are committed to empowering the individuals and families we support to realize their dreams and reach their fullest potential.

'Across The Lifespan' programming is funded through the City of New York's Autism Awareness Initiative