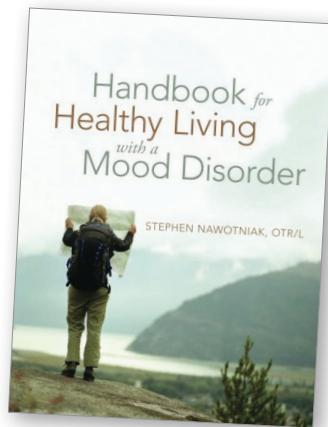




Dialogues on disABILITY
**SPEAKER
SERIES**
Hosted by the Museum of disABILITY History

“Stepping Beyond Illness”

Featuring Stephen Nawotniak,
author of *Handbook for Healthy Living with a Mood Disorder*



Friday, October 3, 2014

7:00 p.m.-8:00 p.m.

Museum of disABILITY History

3826 Main Street, Buffalo

Stephen Nawotniak will share his personal story and how some activities from his book can support a person in designing a desired quality of life. A review on “The Acceptance Ladder” (a tool in the book), along with a question and answer session will also be included.

The presentation is ideal for:

- Individuals with a mental health diagnosis and their friends and family
- Mental health professionals
- Primary care physicians
- College students
- Peer advocates

About Stephen



In 2012, Stephen Nawotniak was diagnosed with bipolar disorder after a weeklong hospitalization for severe depression. He has been coping with the symptoms and is currently in the process of recovery. In his book, *Handbook for Healthy Living with a Mood Disorder*, Nawotniak offers an experienced-based sharing of skills and tools that have worked for him. Relying on his expertise as a licensed occupational therapist, he focuses on constructing a meaningful quality of life using skills that are effective and important for everybody while addressing and accommodating the needs unique to bipolar disorder.

Registration encouraged. RSVP to 716.629.3626.



Museum of disABILITY History
3826 Main Street
Buffalo, NY 14226
museumofdisability.org
716.629.3626

 [facebook.com/museumofdisability](https://www.facebook.com/museumofdisability)

ADMISSION:

Museum Members – **FREE**
People Inc. employees – **FREE**
Adults – **\$5.00**
Students, Seniors, and Human
Service Employees – **\$2.50**

**Event fee includes admission to the
Museum of disABILITY History.*