

# Invisible DISABILITIES Awareness

by Christina Irene

Do YOU or someone you care about have an invisible disability? Attend an eye-opening session with invisible disability hero **Christina Irene** and gain:

- coping strategies
- community
- support tips
- visibility

## Why is invisible disabilities awareness necessary?

- **3 out of 4** disabilities are invisible.
- **1 in 10** people have an invisible disability.
- The number of people with invisible disabilities is **rising**.



Christina Irene's background includes touring as a stand-up comedian, working with at-risk adolescents, serving in multiple community organizations and thriving with her own invisible disabilities.

*Let's redefine "normal."*

"Amazing session about ID. Opened my eyes to how many people have ID and the need to end the stigma."

"Great insight. This presentation touched all types of ID and kept it light. This is a serious subject, but putting it in a light emotional way made it comfortable."

"It was very inspirational seeing the personal stories. I think everyone should see this presentation so they can be more aware of what others go through."