

# Join Allsup for a True Help® Web Event *Telling Your Story*

Thursday, March 26 • 11 a.m. to 12:30 p.m. CT

Register at [webinar.allsup.com](http://webinar.allsup.com)



## ***Telling Your Story Will Include:***

- Practical advice about how to translate emotional events into words
- Networking opportunities
- Resources and links to help you tell your story
- Question and answer session with experts
- Group chats
- *Telling Your Story* contest

## **Featuring**

- The National Alliance on Mental Illness
- WomenHeart, the National Coalition of Women with Heart Disease
- The United Spinal Association
- Team Allsup

*Telling Your Story* is an interactive web event designed to encourage people living with a chronic illness or disability to tell their personal stories. Individuals with disabilities as well as experts in the fields of mental health, advocacy, and peer support will provide you with the tools and knowledge to develop your own narrative. You'll see how telling your story can empower you and connect you with others.

## **Tell Your Story and Reap the Benefits:**

- Improve your physical and mental health
- Make social connections and help others
- Influence change, open doors and access resources

## **Don't Miss These Other Web Events in the Allsup True Help Series:**

- *True Help Returning to Work* ~ Thursday, May 21 @ 11 a.m.
- *True Help with Health Insurance and Medicare* ~ Thursday, August 20 @ 11 a.m.
- *True Help for Veterans and Their Families* ~ Tuesday, November 10 @ 11 a.m.

