

People First & ALLY Toastmasters

Presented by The Arc of Northern Virginia



ALLY Toastmasters and People First want you to join us!

All self-advocates are welcome to join us for this FREE monthly meeting where we learn about advocacy issues, practice speaking, have guest speakers, and socialize.

**All meetings are held at The Arc of Northern Virginia's new office
2755 Hartland Rd., Suite 200, Falls Church, VA 22043, 6:30-8 PM**

2017 Schedule:

January 12

February 9

March 9

April 13

May 11

June 8

July 13

No August meeting

September 14

October 12

November 9

December 14

Contact: Lucy Beadnell, 703-208-1119 x116 LBeadnell@thearcofnova.org

No RSVP needed. Come in and join us!