

# ASPIES

*Support Group assisting individuals 18 & older (and their families)  
with Asperger Syndrome, High Functioning Autism, PDD-NOS, & other spectrum disorders*

*presents*

## **Virtual Meet & Greet for Adults 18 & over** *(parents of adults welcome, too!)*

**Thursday, May 16th - 7:00pm-??**

**This month we'll be talking about an  
Integrated Approach to Wellness  
- skills and strategies to remove barriers in your way.**

Time: Every month on the Third Thursday

*Best to on be **ASPIES** email list to get updated information.*

### **Join Zoom Meeting**

<https://us02web.zoom.us/j/85625068518?pwd=YWhDbGdlQnlhdmlmdUtXTU53aTgxQT09>

**Meeting ID: 856 2506 8518**

**Passcode: 484436**

**NOTE:** THIS MEETING WILL BE OPEN TO THE GENERAL PUBLIC.

\*\*\*Your camera will be off upon entry. If you do NOT want to be seen by others, you may leave your camera turned off. BUT we'd love to see your smiling face! So, don't forget to turn it on otherwise!

\*\*\*Your microphone will be muted upon entry. Please be sure to turn it on when you are ready. (PLEASE!!! Be courteous to others and remember to mute your mike during the meeting to avoid needless background noise.)

**If you have any questions,  
contact Joy at 330-745-5115 or [Rreindeer@aol.com](mailto:Rreindeer@aol.com)**

[www.aspies.org](http://www.aspies.org)