

# Ability Fest

Thursday, 20th October  
Thistle Hotel, Glasgow  
10.00am - 4.00pm

## Festival of Opportunities for Disabled People

This **FREE** event gives disabled people, family, carers and professionals access to information and advice about opportunities for learning, training, volunteering, leisure, health, employment and much, much more.

**With over 60 exhibitors you won't be disappointed!**

### Workshops throughout the day, including:

- Aromatherapy & Relaxation
- Pathways for Learning, Volunteering & Employment
- Interactive Cookery
- Confidence 'Booster'
- ILIS - Getting your Voice Heard
- Welfare Reform
- Self Directed Support
- ENABLE Scotland Wills & Trusts

No time? No worries. Pre-registration is not necessary, just register at the door, on the day.



Or register at: [www.abilityfest.org.uk](http://www.abilityfest.org.uk)

For further details please contact Big Bright Star on: 01563 822255 Email: [info@bigbrightstar.com](mailto:info@bigbrightstar.com)

