



# Autism Awareness Day

## 2nd April 2019

**Autism Awareness Day** is the main event of the **Autism Awareness week**, where different services and organisations link up and collaborate to raise about autism and the challenges people with autism face.

This year, the **Wellbeing Hub** and the **Autism Service** will be working together to run a whole day event to increase the knowledge about this condition as well as offering a number of sessions to teach relaxation and meditation, because whether you have autism or not, we all need a bit of pampering!

**Date:** Tuesday, 2nd April.

**Venue:** Wellbeing Hub, Meritage Centre, Church End, Hendon, NW4 4JT.

### Programme

10.30—Sign in

11.00 What is Autism?

By the Barnet Mencap Autism Service

13.00 Refreshments

13.30 Relaxation sessions