### I Am Embolden

**Embolden: Spirit of Disabled Women**
- Is a mission to change negative perceptions of disabled people by:
- Sharing stories about the achievements of disabled women in Wales
- Provoking conversations that challenge attitudes about disability

**Get involved!**

We are inviting disabled women in Wales to attend an upcoming workshop. To discuss how you feel you are represented within society, create campaigns ideas and key messages aimed to challenge stereotypes and improve the aspirations and confidence of disabled women.

**Get in touch to book your place:**
**LIMITED spaces available**

- **Wednesday 6th December**, The Sbectrwm Centre, Fairwater, Cardiff
- **Friday 8th December**, Glyndwr University, Wrexham
- **Wednesday 10th January 2018 young disabled people’s workshop**, Picton Centre, Haverford West

For more information and to book your place contact: Disability Wales on 029 20887325 or email info@disabilitywales.org

You can also register for the event on our Eventbrite page: [https://www.eventbrite.co.uk/o/disability-wales-14041738910](https://www.eventbrite.co.uk/o/disability-wales-14041738910)

**Celebrate the Deaf and disabled women who have created change.**

[www.disabilitywales.org/blog/embolden](http://www.disabilitywales.org/blog/embolden)