



SERVICE AREA 9 LINK TO AGING AND DISABILITY RESOURCES
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**Motivational Speaker Mia Schaikewitz to Share
Message of Disability to Capability**

Carlisle, PA – The Cumberland Link to Aging & Disability Resources encourages residents of all ages to hear the message from nationally-known motivational speaker, Mia Schaikewitz, who will be speaking at public events in Gettysburg and Camp Hill on Friday, October 14. The free events are sponsored by the Pennsylvania Link to Aging and Disability Resources.

In October of 1993, Mia was 15 years old and a rising star on her high school swim team. She was training for a new season when suddenly one evening she found herself unable to move her legs. Within 12 hours, doctors discovered that an Arteriovenous Malformation (AVM) had ruptured in her spinal cord, leaving her paralyzed from the waist down.

With resilient determination and a positive attitude, she moved forward to pursue her life goals. In 2012, Mia became one of the stars of the hit TV show *Push Girls* on the Sundance Channel, which inspires audiences internationally and won the Critic's Choice Award for "Best Reality Series" in 2013.

People with disabilities, older adults and the public are invited to attend either of the events on October 14. Mia will speak in Gettysburg from 9:30 to 11:00 AM at Gettysburg Hospital Community Room A, 140 Gettysburg Street. She also will speak in Camp Hill from 1:30 to 3:00 PM at West Shore YMCA, 410 Fallowfield Road.

There is no charge to attend these events but advance registration is requested by calling the Cumberland Link to Aging and Disability Resources office at 717-240-7887 or by sending an email to thelink@ccpa.net. When calling or emailing, please indicate which event you would like to attend.

The mission of Cumberland Link to Aging & Disability Resources is to improve access to information and linkages to long term living supports and services to older persons and individuals with disabilities in Cumberland County who are in need of long term living supports and services, regardless of age, type of disability, or ability to pay. To learn more about Cumberland Link visit online at www.ccpa.net/cumberlandlink.

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