

# [The Importance of Self-Advocacy and Finding Advocates](#)

Date and Time

Monday 7/15/2024 1:30 to 3:00pm

Event URL

[Event Information](#)

Event Region

Statewide

Event Type

Webinar

Event Cost

\$0.00

Event Description

We'll explore how to become more effective at getting what we need.

## **About the Event**

Self-advocacy is key to getting what you want and need as you age or develop health issues or a disABILITY. It is normal to need help to be an effective self-advocate and be taken s eriously, to have your rights respected.

Joanne Cohen and Gayann Brandenburg from the Brain Injury Hope Foundation in Littleton, Colorado, will lead a panel on how to become a more effective advocate for yourself, how to find a trusted advisor and options for peer and professional advocates.

This online program is offered by the **Lifetime Learning Institute of Northern Virginia**, which is affiliated with Northern Virginia Community College.

## **How to Join**

Sign in to your AARP.org account or create an account to [register for events](#). AARP membership is not required. You will receive an email with a link to join via the

LLI/NOVA Zoom platform before class. Any information you share on that platform will be governed by the privacy policy of LLI/NOVA.

> Explore other [free online Exercise & Wellness classes](#).

> Contact AARP Virginia at [aarpva@aarp.org](mailto:aarpva@aarp.org) for more information about this event.

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