Spread The Word Day

Wednesday March 2nd is "Spread The Word Day"! This year's theme is *Champions of Change*.

Throughout the pandemic, we have seen the harmful impact of isolation and exclusion. We have become more aware of the importance of social connection for overall well-being. In 2021, our community took action for inclusion with a focus on **building connections** to ensure that individuals with and without intellectual disabilities can feel **seen, heard, and valued**

This year in honor of Spread The Word Day we ask that you connect with someone from the Milton community and explore the need for connection and how individuals with and without intellectual and developmental disabilities need to be seen, heard, and valued in order to develop the skills of inclusion to build connections.

Make Your Pledge For Inclusion

More Information on Spread The Word

Be sure to wear your MHS gear Wednesday to show your support of inclusion and connection on Wednesday.