

HOW TO CONQUER DISABILITIES

July 26th - National Disability Independence Day

**Commemorates the signing of the Americans
with Disabilities Act (ADA) on July 26th, 1990.**

Disabilities sometimes happen in a moment or at birth. Other times they develop through time. But in both cases they generate a big change on our lifestyle. I know first hand the struggle of feeling independent in spite of our limitations.

Conquering disabilities involves a combination of practical strategies, mental resilience, and support systems. Here are some tips:

