

EXCEPTIONAL WELLNESS AND TRAVEL NEWS

A Travel and Wellness Newsletter for Individuals with Special Needs

Winter 2015

Airline Staff Need Disability Training

A story recently broke about a mother who was "humiliated" by United Airlines flight attendants when the airline staff insisted her daughter "sit up" in her seat for the flight. Ivy is a 3 year old stroke survivor who is unable to sit up.

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Accommodating Individuals with Disabilities

Everyone faces challenges in life. Individuals with Developmental Disabilities are no exception. Things that many people take for granted such as inclusion, can be a major barrier in the life of an individual with a developmental disability.

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Benefits of Taking a Private Yoga Class

There are many benefits to taking a private yoga lesson. Unlike a regular yoga class, in a private yoga class you work one-on-one with an experienced instructor.

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Featured Trip:

**New Orleans,
Louisiana**

April 9—12, 2015

This is the "Big Easy." Soak in the history of the French Quarter where we will eat at the famous Cafe du Monde, interact with the street entertainers and shop for souvenirs at the French Market. Visit the famous Audubon Aquarium of the Americas. Take a stroll down Bourbon Street. Listen to the jazz, blues and zydeco music that is practically everywhere you go. No trip to New Orleans is complete without a cruise on the mighty Mississippi aboard New Orleans only authentic steamboat. Laissez Les Bon Temps Rouler or Let the good times roll.



Group Discussing Disability Issues

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