

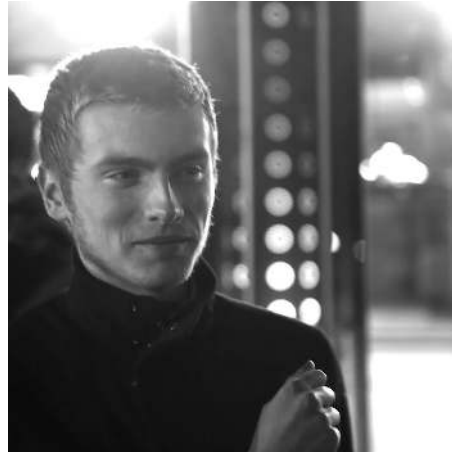


# Space4Autism

15-17 Mill Lane,  
Macclesfield, Cheshire  
SK11 7NN  
[info@space4autism.org](mailto:info@space4autism.org)



## “Zoom Evenings with Ben Simpson”



**Monday 24th August 2020**

The Link between Diet, Autism and Mental Health

Ben was diagnosed with Asperger's at 9yrs old and he is now an independent 23yr old. Ben will be giving a first-hand account on the impact and benefits of a healthy diet and diet elimination for someone with a mental health condition and of someone on the Autistic Spectrum.

**Monday 31st August 2020**

“What its really like living with ASC”

Ben will give his honest opinion on how he has grown up and coped living with ASC, an insightful yet funny and sometimes reflective talk. A chance for a Q&A at the end too...

Times of both talks 7-8.30pm (adults only)

This event is free to attend but you will need to book your place and we will send you the zoom link out nearer the time

To book please

Ring 01625 617884 or email [info@space4autism.org](mailto:info@space4autism.org)



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