

cut →

cut ↓

cut ↓

We hope you'll join our #ITookABreak21 campaign on Monday May 31st

Here's how:

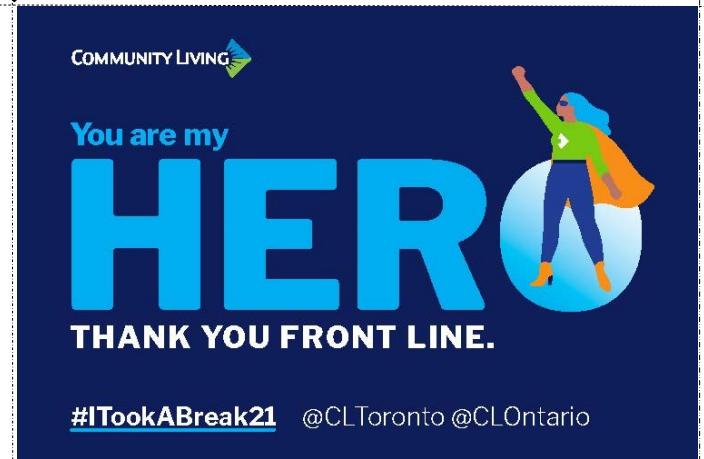
1. Go buy yourself a KitKat
2. Print out this page and cut along the dotted lines
3. Tape the hero wrapper around your KitKat
4. Take a selfie with your KitKat - before you eat it!
5. Save the selfie on your cell phone
6. On **May 31st**, post your selfie to Facebook, Instagram, or Twitter
7. Include the hashtag **#ITookaBreak21**

Thank you for your continued advocacy on behalf of Ontarians with an intellectual disability, their families, and the frontline heroes that support them.

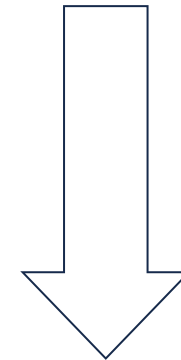
We look forward to seeing your #ITookABreak21 posts!



Supporting Rights & Choices



Fold this around a Chocolate bar and tape together



COMMUNITY LIVING 

You are my

HERO



THANK YOU FRONT LINE

[#ITookABreak21](#) @CLToronto @CLOntario