

Invites you to join us for



A free ten-week workshop grounded in the Independent Living philosophy, developed to help people with disabilities set and achieve quality of life goals, while building skills to support health and wellness.

The Living Well in the Community (LWIC) workshop series can benefit participants physically, intellectually, emotionally, spiritually, and socially. In the LWIC workshops, participants can explore and learn about:

- -Goal Setting
- -Building Support
- -Healthy Reactions
- -Staying on Course
- -Healthy Communication
- -Seeking Information
- -Eating Well
- -Physical Activity
- -Advocacy
- -Maintenance

Lively Discussions

Activities

Videos

Attend this weekly workshop and start setting your goals!

Thursday, March 30 – Thursday, June 1

11am to 1pm

Center for Independent Living Options 2031 Auburn Avenue, Cincinnati 45219

To Register:

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