



It's YOUR L.I.F.E.

The Learning Independence for Future Empowerment program (L.I.F.E.) helps young adults with disabilities transition to greater independence.

Participate in our ten-week virtual session from January 17 – March 25, 2022 to build skills in areas such as:

- Goal setting
- Financial literacy
- Health & Wellness
- Employment soft skills & more!

Virtual programming via Zoom at 11:00 am MST.

Open to Albertans with a disability age 15-30.

To register contact: Alena Widdup
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www.marchofdimes.ca/lifecalgary

L.I.F.E.

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