

“ The Living Well Program has taught me to be more assertive, more self-assured, and happier in my life.”



## Living Well with a Disability

Living Well is based on the Independent Living Philosophy that emphasizes personal choice, self-determination and peer support as essential components for living independently in the community.

Participants in Living Well develop independent living skills such as goal setting, problem solving and communication skills and have the opportunity to practice them in a supportive peer environment.

### Please join us to learn more:

Living Well Orientation

Wednesday, September 20th

2:00 PM to 3:30 PM

Workshop is on Wednesdays

1:00 PM to 3:00 PM

October 4th thru December 6th

A workshop  
promoting healthy  
independent living

Presented by

**Center for Independent Living Options**  
2031 Auburn Avenue  
Cincinnati, OH 45219  
P: 513.241.2600

[www.cilo.net](http://www.cilo.net)



“ After participating, I now know that I can solve problems. I am not so overwhelmed when life just happens.”



## **Living Well** with a Disability

**The healthier you are,  
the more you are able  
to do.**

This ten-week, peer led workshop is designed for people with disabilities who want to learn new skills, meet new people and improve their quality of life by improving their health.

### **Attending a Living Well Workshop can result in:**

Improved outlook

Positive changes in daily activities

Goal achievement

Reduced limitations

Reduced healthcare costs

“ The best part...was classmates asking me what I did over the past week to meet my goal. Setting goals gave me more motivation to hope, work, think towards a future – a positive, worthwhile, much-needed experience.”



Learning healthy lifestyle habits is possible and fun with the support of peers in the Living Well Workshop.

If you would like to participate in the workshop, or learn more, please contact:

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