

“ 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.

Living

Well with a Disability

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



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



**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.

“ 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.”

Attending a Living Well Workshop can result in:

- Improved outlook
- Positive changes in daily activities
- Goal achievement
- Reduced limitations
- Reduced healthcare costs



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:

**Amber Cowart, Independent Living
Specialist**

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