



Register Now!

Living Well in the Community

Starts Thursday, March 20, 2025

Living Well in the Community (LWIC)

welcomes any person with a disability 18 years or older who has a desire to set personal goals that can improve their quality of life. This free ten-week, in-person weekly workshop helps participants gain valuable skills that promote living well physically, intellectually, emotionally, spiritually, and socially. Topics include goal setting, healthy communication, eating well, and more.



When: 11:00am to 1:00pm every Thursday beginning March 20 through May 29. Attend all ten weeks and receive a gift card!

Where: Hamilton County Developmental Disabilities Services Support Center, 1520 Madison Road, Cincinnati, 45206 (enter main door)

To Register, contact:

Jenise Brassell, Independent Living Specialist



jenise@IndependenceAlliance.org



513-246-0319

We empower people with disabilities to lead independent and inclusive lives in the community. We host inclusive and accessible events where all people can participate. Contact us for accommodations or accessibility.