

# INDEPENDENT LIVING SKILLS

**Mondays | Oct. 28, Nov. 4, 18, & 25, Dec. 2 & 9**  
**10 - 11:30am | FREE with RSVP**



**In this six-week interactive class, we will focus on the growth of important skills to improve or maintain one's independence:**

- Housekeeping basics
- Healthy eating
- Emergency & safety skills
- Personal appearance & hygiene
- Communication skills



MAYERSON JCC  
**DISABILITY INCLUSION AWARENESS PROGRAMS**  
FEBRUARY - NOVEMBER 2019

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