



Invites you to join us for



A free ten-week workshop grounded in the Independent Living philosophy, developed to help people with disabilities set and achieve quality of life goals, while building skills to support health and wellness.

The **Living Well in the Community (LWIC)** workshop series can benefit participants physically, intellectually, emotionally, spiritually, and socially. In the LWIC workshops, participants can explore and learn about:

- Goal Setting*
- Building Support*
- Healthy Reactions*
- Staying on Course*
- Healthy Communication*
- Seeking Information*
- Eating Well*
- Physical Activity*
- Advocacy*
- Maintenance*

Lively Discussions

Activities

Videos

Attend this weekly workshop and start setting your goals!

Thursday, March 30 – Thursday, June 1

11am to 1pm

**Center for Independent Living Options
2031 Auburn Avenue, Cincinnati 45219**

To Register:

Suzanne Hopkins, Director of Programs
E: shopkins@cilo.net P: 513-338-5109

