



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:

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