



Holistic Wellness *Social Club*

Starting October 26th!

Join Us Every Thursday from 1:00 pm to 3:00 pm

And learn the benefits of:

A Positive Attitude

Stress Management

Home and Community Safety

Healthy Living



Hosted By:

Center for Independent Living Options, Inc.

2031 Auburn Avenue • Cincinnati, OH 45219

To RSVP or for more information, contact:

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Learn more about CILO at www.cilo.net