

## Utah Independent Living Center

# Young Adult Class

Are you a young adult with a disability? Come learn independent living skills among your peers age 18-28. This class will rotate topics each month, providing different IL skill learning experiences.



**When: Every Wednesday from 3:00pm-4:00pm**

**Where: 3445 South Main St. UILC Skills Center**

**Who: Anyone with a disability between the ages of 18-28**

### **Class Schedule**

January- Social Skills/Manners  
February- Money Management  
March- Vocational Skills Advocacy  
April- Taking Care of Your Living Space  
May- Exercise Spirit Club  
June- Art Sketching Rock Painting  
July- Basic Sign Language  
August- Sexual Education  
September- Emergency Preparedness and Safety  
October- Cooking  
November- Disability History/Advocacy  
December- Affordable Gift Giving

**Contact** Toni Makoff with questions or to sign up! 801-466-5565 ext. 212, [tmakoff@uilc.org](mailto:tmakoff@uilc.org)