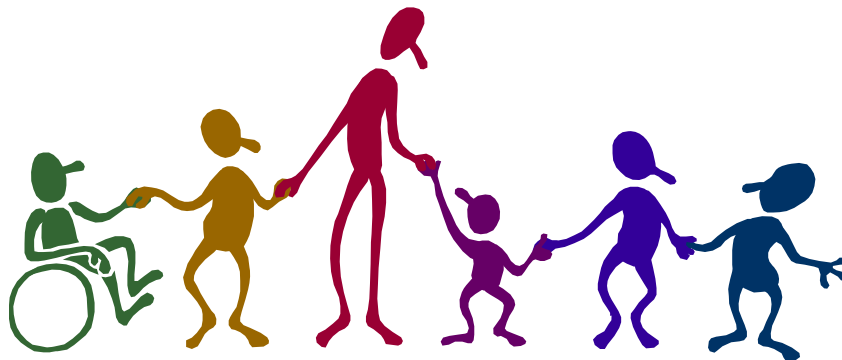


Utah Independent Living Center
Young Adult Class

Are you a young adult with a disability? Come learn independent living skills among your peers age 18-28. This class will rotate topics, 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

Come learn:

Emergency Preparedness and Safety

Cooking

Healthy Relationships

Affordable Gift Giving

Goal Setting

Money Management

Vocational Skills

Apartment Living

Social Skills

Arts and Crafts

Health and Hygiene

Advocacy

Make friends and spend time in a fun and accepting environment.

Contact Kathy with questions or to sign up! 801-466-5565 ext. 211, kself@uilc.org