

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. Class is free of charge.



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

Where: Utah Independent Living Center—3445 South Main Street, SLC, UT 84115

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

Class Schedule 2022

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| January - | Social Skills/Manners |
| February - | Money Management |
| March - | Vocational Skills |
| April - | Taking Care of Your Living Space |
| May- | Gardening |
| June - | Recreational/Leisure Skills |
| July - | Basic Sign Language |
| August - | Just Dance Exercise |
| September - | Meditation |
| October- | Cooking |
| November - | Disability History/Advocacy |
| December - | Basic Cartoon Drawing |

Contact: Toni Makoff with questions or to sign up! 801-466-5565. tmakoff@uilc.org