

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-4:30pm

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

August- Social Skills/Manners
September- Community Access/Safety
October- Cooking
November- Taking care of you!
December- Affordable Gift Giving
January- Community Resources/Filling out Forms
February- Advocacy
March- Recreation/Leisure Skills
April- Taking Care of My Living Space
May- Vocational Skills
June- Money Management
July- Disability History

Contact Jana Anderson with questions or to sign up! 801-466-5565 ext. 205,
janderson@uilc.org