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
September- Community Access/Safety  
October- Cooking  
November- Social Skills/Manners  
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  
August- Taking care of Yourself!

Contact Jan Bigelow with questions or to sign up! 801-466-5565 ext. 219, jbigelow@uilc.org