

SUMMIT INDEPENDENT LIVING *presents*

LIVING WELL IN THE COMMUNITY

FREE

12-WEEK CLASS ON INDEPENDENT LIVING



WHO SHOULD TAKE THIS CLASS?

ANYONE WITH ANY DISABILITY WHO WANTS TO LEARN THE SKILLS TO HELP THEM LIVE THE LIFE THEY WANT TO LIVE!



WHAT SKILLS WILL YOU LEARN?

- GOAL SETTING
 - BUILDING A SUPPORT NETWORK
 - HEALTHY REACTIONS
 - STAYING ON COURSE
 - HEALTHY COMMUNICATION
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- SEEKING INFORMATION
 - EATING WELL
 - STAYING PHYSICALLY ACTIVE
 - ADVOCATING FOR YOURSELF & YOUR COMMUNITY
 - MAINTAINING YOUR SKILLS!
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HOW DO YOU SIGN UP?

Call 406-728-1630 Ext. 116 or Ext. 111.

Email Alyssa Coty at ACOTY@SUMMITILC.ORG

