INDEPENDENCE ALLIANCE
EMPOWERMENT • INCLUSION • ADVOCACY

Living Well in the Community

Starts Wednesday, March 18, 2026

Living Well in the Community (LWIC) is a free ten-week, in person weekly workshop where participants gain valuable skills that promote living well physically, intellectually, emotionally, spiritually, and socially. Topics include goal setting, healthy communication, eating well, and more! We welcome any person with a disability 18 years or older who is ready to achieve their quality of life goals. Any participant who attends all ten weeks receives a gift card!

Wednesdays from March 18th through May 20th
11am to 1pm

EasterSeals Redwood, 2901 Gilbert Ave., 45206

To register, contact: Jenise Brassell, *Independent Living Specialist*

Click or email to register: jenise@independencealliance.org

Call Jenise: 513-246-0319