



Independent Living Skills Class via Zoom Medical Binder

DAC is offering a class to help get your medical paperwork organized, to learn what your rights are and how to advocate for yourself!

Classes are held every 4th Tuesday of the month.

Register online at actionctr.org

Or contact Wendy at;
Disability Action Center

530-242-8550

2453 Athens Ave., Redding, Ca. 96003

For attending the class, you will get a binder set up for you to get started!