



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!

Available Class Dates

May 4, 1pm to 2pm

Register online at actionctr.org

Or contact Wendy at;
Disability Action Center

[530-242-8550](tel: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!