

# Independent Living Skills (ILS) Classes:



10 AM to 11:30 AM

**DAC Redding 2876 Park Marina Drive**

3<sup>rd</sup> Wednesday Monthly

**DAC Chico 1163 East Avenue**

3<sup>rd</sup> Thursday Monthly

DAC Independent Living Skills (ILS) classes are designed to improve or maintain the participant's ability to live as independently as possible in the community. The group sessions provide opportunity for socialization and will cover:

- Stress relief
- Budgeting
- Cooking
- Cleaning
- Sewing and More!

**Registration Required. For Signup contact:**

Wendy Longwell (530) 242-8550 | (530) 893-8527