

PLEASE JOIN US FOR OUR...

NEW! RE-DESIGNED INDEPENDENT LIVING SKILLS PROGRAM

Get Ready For an Extraordinary Beginning

This is a 6-week program, taking place on **Mondays**. Participants will learn tools and techniques for a better life while achieving independence and self-confidence.

10:00 AM to 12:00 PM:

Participants will have the option between two classes in the morning.

1. Cooking/Kitchen Class - covering topics such as Nutrition 101, ordering groceries, various kitchen skills, gadgets, and cooking healthy recipes

OR

2. ADL Class - covering topics such as cleaning, self-care, dining out etiquette, organizational skills, self-defense, financial literacy, helpful apps, and low vision aides

1:00 PM to 2:15 PM:

Group Class covering topics such as peer support, self-advocacy, resources, orientation & mobility workshops, and an energy vibrations class

Please contact Vicki Lowrie, Program Director at (973) 627-0055, ext. 4 or via email at: vlowrie@vlanj.org for more information.

