

# 2016 Life Series at CILO

*Free educational presentations promoting independent living skills for people with disabilities*

*Space is limited – please call us to reserve a seat!*

**Center for Independent Living Options · 2031 Auburn Avenue · Cincinnati, OH 45219 · 513.241.2600**

CILO's Life Series is open to any person with a disability, or persons who provide support to those with a disability. Our hope is that through these one hour presentations ideas, solutions and information will be shared that can empower people to be independent.

We ask that you RSVP for each session you wish to attend.

*CILO consumers may be eligible for assistance with public transportation.*

Thursday, May 19 11:00AM to 12noon

## **Cooking Basics**

Simple steps for preparing healthy meals. Presented by Chef Marcus of Cincinnati Cooks



Tuesday, May 24 11:00AM to 12noon

## **Fair Housing Rights for People with Disabilities**

Learn how to handle and avoid common things that come up for applicants and residents. A great class for consumers and agency staff members.

Presented by HOME (Housing Opportunities Made Equal)

Wednesday, June 8 11:00AM to 12noon

## **Taking Responsibility for Your Health**

Learn how you can improve your life expectancy in Cincinnati – and the importance of health screening.

Presented by Steve Sunderland, PhD, University of Cincinnati

Wednesday, June 15 1:00PM to 2:00PM

## **Choosing Quality Childcare**

Knowing what options are available, what questions to ask and what to look for in a child care program is critical. Learn about free services and resources available through our presenter, 4C for Children.



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