



Home of My Own®
of WNY
On my own but not alone

Life Hacks *for* **INDEPENDENT LIVING** **Workshop**

Learn to set and achieve meaningful goals and get the most out of life with our instructor lead course!

- Walking/Traffic Safety
- Personal Health and Safety
- Police Dept Visit
- Friendship First Aid
- Figures of Speech Samples
- Sell By vs Use By vs Expiration Dates
- Tech Talk
- Financial Literacy
- How to expand your budget in the grocery store
- Potluck (*bring a snack or part of a meal (theme) and share the recipe*)
- Positive Choices
- Current Events (*know your local weather, town events and more*)
- Shortcuts
- Tips and Tricks

Sundays at 7pm • \$75/month

Contact us at info@homeofmyownofwny.org to learn more.