



# Life Hacks *for* INDEPENDENT LIVING Workshop

**Learn to set and achieve meaningful goals and get the most out of life!**

- 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 • AUG 3, 10, 17, 24 • \$75/month**

**Contact us at [info@homeofmyownofwny.org](mailto:info@homeofmyownofwny.org) to learn more.**