



# L.I.F.E.

## Vancouver

In partnership with the Disability Foundation, March of Dimes Canada's **Learning Independence for Future Empowerment (L.I.F.E.)** pilot program is coming to Vancouver on July 8<sup>th</sup> to 19<sup>th</sup>, 2019!

The L.I.F.E. program helps young adults with disabilities make the transition to greater independence by providing new skills and hands-on opportunities for growth and personal development, including:

- Goal-setting
- Life skills workshops
- Financial literacy
- Health & wellness
- Social, sport & recreational outings
- Adaptive music
- **And much more!**

**To register for the L.I.F.E. program, each applicant must:**

- Have a disability
- Be able to direct his or her own care

*Space is limited. Contact us today!*

**COST: \$5/Day** | Personal care (assistance with toileting and meals) is included  
Applicants can self-refer!

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