

Come Join Us For...

# Healthy Cooking on a Budget



## Independent Living Skills Classes

LVCIL will be offering a series of monthly courses for people who would like to enhance their skills in order to achieve independence. The following course is being offered for September:

- **September 18, 2014 – Healthy Cooking on a Budget**

Join LVCIL and Catie Moran, a Dietetic Intern from Cedar Crest College, on Thursday, September 18 to learn about what goes into making a healthy meal, as well as how to budget for it. The presentation will also include preparation of a healthy snack that can fit any budget! Come join us for a morning of learning and eating!

If you are interested in attending: **Please RSVP to this event by September 15, 2014.** For more information or to register, please contact Rebecca Dubin at 610-770-9781 ext. 115 or email [rebeccadubin@lvcil.org](mailto:rebeccadubin@lvcil.org). Please note any accommodations you may need during registration.

**BE ON THE LOOKOUT FOR FUTURE SEMINARS – 3<sup>RD</sup> THURSDAYS OF THE MONTH!**

**Participants must be 18 years or older.** Personal care attendants and/or additional support staff must be provided by the participant, if needed. LVCIL staff *are not* able to serve as PCA or support staff.

***Space is limited! Please call to reserve your spot today!***

**\*Please note that our office has moved! We are now located at:  
713 N. 13<sup>th</sup> Street  
Allentown, PA 18102**