



Living Well with a Disability

Community Access Center is hosting a free workshop on managing Health & Wellness for people with disabilities in Riverside. This is a four day program and includes lunch & snacks each day.

Program Information:

Fall 2019 Class Dates: September 17, 19, 24 & 26.

Location: Community Access Center

Times: 9:30 a.m. to 3:30 p.m. each day.

Please register for the event at Livingwell@ilcac.org

or by phone at (951) 274-0358 Ext.: 121.

Bus transportation will be provided if needed.

Community Access Center
Magnolia Ave., Suite 150
Riverside, CA 92506