



CREATIVE COOKING — 6 week class for those already registered.

Each week there is a new focus from the benefits of eating a variety of food to food safety and grocery shopping on a budget.

When: July 2nd, 9th, 16th & 23rd from 11 am to 1 pm

Where: Independence Now



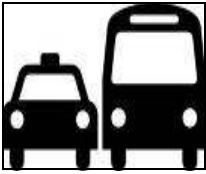
WOMEN'S GROUP — Beauty Day

We are having a Beauty day Avon and Mary Kay representatives will be present to share Beauty makeup and skin care tips.

RSVP to Rochelle Harrod at 301-277-2839 ext. 2050.

When: Tuesday, July 6th from 12 to 2 pm

Where: Independence Now



MEN'S GROUP — ADA Stories

Come and share how the ADA has improved your life

RSVP to Wes Young at 301-277-2839 or at wyoung@innow.org

When: Friday, July 9th from 1pm to 3pm

Where: Independence Now



TRANSPORTATION ACTION GROUP (TAG)

Discussion and advocacy on issues effecting individuals that use the MetroAccess and public transportation system.

Please contact Rochelle or Wes by July 7th if you need accommodations.

RSVP to Rochelle Harrod or Wes Young at 301-277-2839 .

When: July 14th from 2 to 4 pm

Where: Independence Now



HOUSING INFORMATION SEMINAR: An informational session about affordable housing options in Montgomery and Prince George's counties. Information about housing programs, where to look, and how to apply. We have housing lists and applications available and can provide one-on-one assistance in starting the search for a new home. Get in touch with Wes Young at 301-277-2839 or at WYoung@innow.org for information.

When: Thursday, July 22nd from 1-- 3 pm

Where: Independence Now



MOVIE ADVOCACY NIGHT — Forest Gump

A man who has cognitive challenges tells his life's tale to people waiting at a small town bus stop. He has captured fame, fortune and glory, but his one true love has continuously eluded him.

Please contact Rochelle by July 16th if you need accommodations.

RSVP to Rochelle Harrod at 301-277-2839 or at RHarrod@innow.org

When: Tuesday, July 27th from 5:30—9:30 pm


Where: Independence Now

THE MEETING TIMES HAVE CHANGED DUE TO THE LENGTH OF THIS MOVIE



JULY 2010



SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2 Creative cooking 11—1 pm	3
4 	5 OFFICE CLOSED	6 Women's Group 12—2 pm	7	8	9 Creative Cooking 11 –1 pm Men's Group 1—3 pm	10
11	12	13	14 T.A.G. 2—4 pm	15	16 Creative Cooking 11—1 pm	17
18	19	20	21	22	23 Creative Cooking 11—1 pm	24
	← National Council on Independent Living Conference →					
25	26	27 Movie Advocacy Night Forest Gump 5:30—9:30 pm	28	29	30	31

June is:

- Home Safety Month
- National Aphasia Awareness Month
- National Scleroderma Awareness Month
- National Scoliosis Awareness Month
- Vision Research Month