



# BASIC LIFE SKILLS

**BECOME MORE INDEPENDENT!**

**Every Tuesday 2:00PM - 3:00PM**

## CLASS OVERVIEW

- Making a menu
- Creating a grocery list
- Budgeting your money
- Cleaning your home
- Scheduling appointments
- Making a phone call
- Good phone manners
- Personal hygiene
- Weather appropriate clothing
- Asking for help

# LIVE YOUR BEST LIFE