

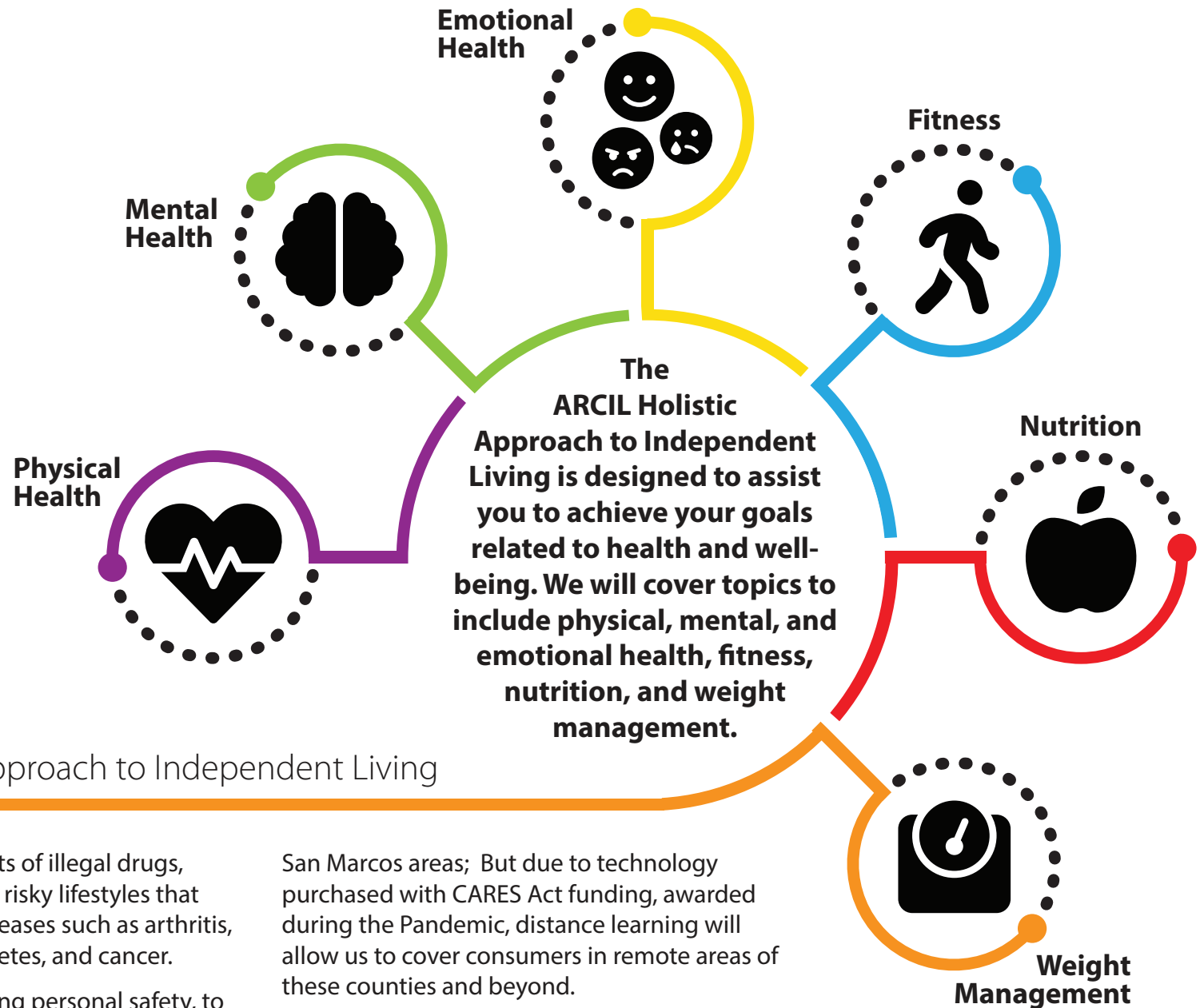


HOLISTIC APPROACH TO INDEPENDENT LIVING



8200 Cameron Road, Suite C154
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**Dedicated to the advancement and full participation
of people with disabilities in all aspects of life.**



ARCIL Holistic Approach to Independent Living

We will examine the effects of illegal drugs, alcohol, and tobacco; and risky lifestyles that could result in chronic diseases such as arthritis, high blood pressure, diabetes, and cancer.

Peer discussions concerning personal safety, to include internet and social media use, cyberbullying and safety while in the community will be conducted by ARCIL and SAFE. Classes will not only be available in the Austin, Round Rock, and

San Marcos areas; But due to technology purchased with CARES Act funding, awarded during the Pandemic, distance learning will allow us to cover consumers in remote areas of these counties and beyond.

Other Training available to include:

- CPR
- Decision Making
- Basic first aid classes
- Money Management