



# **COME WALK WITH ME – for INDEPENDENCE! A life worth living!**



Lynne (pictured here at a recent community event) lives independently. There are hundreds more in our community who want the freedom to make their own choices, to direct their own lives. They need information and support; they need our help and we need yours. You can support Lynne and so many others by participating in our 6<sup>th</sup> annual walk and wheel-a-thon, raising community awareness and funds to help people with disabilities. It's as easy as a walk in the park!

## **Why support The Independent Living Centre London & Area?**

Canadians with disabilities have many skills and limitless creativity; they have determination and the desire to contribute to the economical, cultural and political aspects of their communities. These undiscovered talents and hidden resources should be tapped into, so that not only people with disabilities benefit, but all Canadians do also.

However, barriers such as old attitudes, inflexible approaches and outdated laws continue to get in the way of people with disabilities having access to employment, housing and equal opportunities.

The Independent Living Centre London & Area provides the

resources, information and support so people with disabilities can learn from one another, discover solutions and be self-advocates.

We work to empower people with disabilities and help remove barriers so they will have opportunities to make their own choices, contribute to our community and gain the self-respect we all deserve.

This vision of independent living is one in which everyone wins. Lynne, along with so many others, will have the opportunity to reach her full potential.

[www.ilcla.ca](http://www.ilcla.ca)

