



Live the life you want.

If your low vision or blindness makes simple daily tasks difficult or impossible, you are not alone.

Come join us on Wednesday, October 28th at 7PM, for our Seniors Empowerment Program - presented by the National Federation of the Blind of Virginia at our 2020 convention via Zoom.

You will learn to take charge of your life through: exercise and nutrition tips; improvement to your independence through accessible gadgets and technology; reduction of isolation with activities you can share with sighted family and friends; and overcoming challenges with the help of experts.

To learn the alternative techniques to live the life you want, join fellow seniors virtually via Zoom from October 25- November 1, 2020.

Register for the convention by visiting www.nfbv.org/convention or by contacting Nancy Yeager by emailing nancyyeager542@comcast.net or by calling 703-283-2524.