



Are you experiencing LOW VISION? We can help you!

Braille Institute will be offering **4 FREE** Life Enrichment Classes for those who are experiencing difficulty with daily living tasks due to low vision and had been diagnosed with an eye disease.

- **Understanding Vision Loss and the emotional impact**

Date: Tuesday, March 5, 2019

& Time: 3:00pm-4:00pm

During this presentation we will discuss Signs and symptoms of Low Vision, are you at risk of developing an eye disease? What are the most common eye diseases that lead to vision loss? What are the possible treatments? What is our Low Vision Wellness program? How can Braille Institute help you if you are experiencing vision loss?

- **Navigating around your home/community & home safety techniques**

Date: Tuesday, March 12, 2019

& Time: 3:00pm-4:00pm

In this class you will learn techniques about safely moving around your environment such as using your other senses to orient yourself. You will learn hand trailing techniques and the importance of finding landmarks around your space to move around with confidence. How to plan trips in your community and the importance of planning ahead, how to request help when needed, using public transportation and other taxi services such as access, uber and lyft.

- **Business of living ... You and your home!**

Date: Tuesday, March 19, 2019 & Time: 3:00pm-4:00pm

In this class you will learn simple techniques on how identify, organize and use paper and coin money, introduction to writing guides such as checks & signature guides, tips on accessible banking. Learn how to do your grocery shopping easier whether is online or at the store. Tips on organizing different rooms at home, cleaning tips, fall prevention tips and how to identify and label medications.

- **Staying Connected!**

Date: Tuesday, March 26, 2019 & Time: 3:00pm-4:00pm

*Staying in touch with others and the world is easier now as amazing possibilities have opened up to those living with vision loss. In this class you will learn about our library services and electronic books, our technology center where you can learn how to use your smart devices with voice activation and how visually impaired friendly apps can make your daily living easier. Our instructor will show you various handwriting guides, use community resources, and many other ways you can stay connected with the world. Lastly, you will learn about our Low Vision Clinic and how you can obtain a **FREE** Low Vision Consultation with our Licensed Occupational Therapist.*

**JUANITA MILLENDER MCDONALD COMM CENTER
701 E. CARSON STREET, CARSON, CA 90745**

**For more information please call
Braille Institute at (323) 906-3170**