**My Eyes Don’t Work, But My Brain Still Does!  
Conquering Your Kitchen: Tips and Tricks**

Presented by  
**National Federation of the Blind (NFB) of Maryland**  
**Seniors Division**

Please come join our conversation to explore the nuts and bolts for setting up your kitchen so it works for you. Learn and share techniques from labeling your food stuffs and organizing your pantry to operating appliances with flat, digital controls. We will discuss tips for individuals with various levels of changing vision.

**When:** August 16, 2023 from 7:00 to 8:30 PM ET

**Where:** NFB of Maryland Conference Call (339) 209-4083  
All are welcome!

For more information about  
this event or the NFB of Maryland Senior Division or to provide topic suggestions  
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