



**COLUMBIA
LIGHTHOUSE
for the BLIND**

Independence is our Vision

Foundations of Adjustment to Blindness

Tips & Tricks Available for Seniors with Low Vision or Blindness

Columbia Lighthouse for the Blind is offering the solutions to share with seniors living in the Washington, DC metropolitan area who are at least age 55. CLB is offering a four day session for individuals to learn more about such topics as:

- How to cook safely and use adaptive tools in the kitchen
- Methods for traveling safely, both indoors and outdoors
- Information on community resources pertaining to vision loss as well as networking opportunities

These workshops are open to anyone who is at least 55 years of age and residing in the Washington, DC metropolitan area and adjusting to vision loss.



Tuesday August 27 - Friday August 30

9:00 am - 2:00 pm each day

300 Hamilton Street, NE, Apt. 116

Washington, DC 20011

Within walking distance of the Fort Totten
Metro Station



Space is limited so please register now!
To register contact Gail Snider at 240-737-5170.

Visit www.CLB.org or e-mail info@CLB.org for more information

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301-589-0894

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