

October 14, 2021 * 9:00AM to 1:00PM
CALL IN BY PHONE 1 929 205 6099

OR ONLINE Zoom Meeting ID: 826 6761 7593
Passcode: 399662



Schedule *(subject to change)*

- ◆ 8:30 - call or login, vender videos (& throughout the day)
- ◆ 9:00 Welcome
- ◆ 9:10 **Low vision exams & services at NABA**- Keosha Elam, Director of Rehabilitation Services
- ◆ 9:30 **What Low Vision Is & Today's Treatment** - Dr. Pinto
- ◆ 10:15 **Vision Rehabilitation Techniques for at Home and Work** - Christina Kendall, CVRT
- ◆ 10:30 **Maintaining Vision with Diabetic Retinopathy** - Dr. Hussnain
- ◆ 11:15 **O&M: Safe & Independent Travel with Vision Loss** - Madison Near, COMT
- ◆ 11:40 **Mental Wellness: Ongoing and in the Light of Covid** - Nate Modafferi, MSW
- ◆ 12:00 Join Nate for a stress management exercise!
 - ◇ **De-Stress on the Go** - mindfulness-based reduction through breath awareness, meditation, and guided relaxation.
- ◆ 12:15 Final announcements & videos recapped

Thank you to all of our presenters, sponsors & participants! See you all next week at the fair!



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