

# The FREEDOM CENTER

For Independent Living, Inc.



## Advocating For Yourself

### What Do I Need Now: Taking Care of Myself

When? July 1, 2021

Where? ZOOM Virtual Discussion

Time? 1:00 p.m.

Who? Consumers, families, friends, advocates are welcome

What is This All About? BlindSight Delaware will lead this discussion of how to recognize and address your needs post-COVID to maintain personal health.

Email [pmaichle@fcilde.org](mailto:pmaichle@fcilde.org) to register and a ZOOM link will be sent to you prior to the 1st.

**BLINDSIGHT**  
DELAWARE