Blind Health Expo 2024

**Virginia Rehabilitation Center for the Blind and Vision Impaired (VRCBVI)**

Zoom Room Hours 10:00 am to 12 noon AND 1:30 pm to 4:00 pm

VRCBVI Blind Health Expo 2024 Zoom Link: <https://dsa-virginia.zoomgov.com/j/1611746112>

Meeting ID: 161 174 6112

VRCBVI is the blindness skills training center for Virginia. Stop by our Zoom Room to hear from our expert staff as they demonstrate, discuss, and answer questions about living a healthy, independent life with vision loss.

LIVE Zoom Room Schedule:

**10:00 am to 10:30 am**: Checking Your Blood Glucose Levels with the Dexcom CGM and Voice Over

**10:30 am to 11:00 am**: Discovering Freedom, Empowering Independence with the Long White Cane

**11:00 am to 11:30 am**: Kitchen Safety: Cutting Tips and Tricks for the Visually Impaired

**11:30 am to 12 noon**: Medication Self-Management with Vision Impairment

**1:30 pm to 2:00 pm**: Accessing Health Information on MyChart with Voiceover or TalkBack

**2:00 pm to 2:30 pm**: Checking Your Blood Glucose Levels with the Libre CGM and Talk Back

**2:30 pm to 3:00 pm**: Discovering Freedom, Empowering Independence with the Long White Cane

**3:00 pm to 4:00 pm**: Open Discussion- Learn about training at VRCBVI and Q&A