



# Low Vision Wellness

Join our low vision group, created specifically for people living with low vision.

The program is developed and led by our Occupational Therapist and Wellness Team. Weekly classes focus on understanding your diagnosis, taking control and living well with low vision.

We support you with the use of alternative senses including a tablet with low vision support Apps, identifying healthy living strategies and being safe whilst at home, and out and about in the community.



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## This program will run for a period of ten weeks:

- One class per week (eight weeks).
- Class duration two hours.
- A pre and post vision wellness assessment by a health professional (weeks one and ten).

## To qualify:

- You must be aged 65 years or older and 50 years plus if you identify as Aboriginal or Torres Strait Islander.
- You must have a condition that impacts vision or be at risk of low vision.



For more information: **1300 782 896**  
or **[www.integratedliving.org.au](http://www.integratedliving.org.au)**

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