

Hearts Sight

— FOUNDATION —

Presents

Expanding Mental Wellness for VIPs

Social, Recreational, & Wellness Activities



Program Overview

- Promotion of social engagement
- Increase mental wellness
- Participants engage in social and recreational outdoor activities.

Target Audience

- 18 years or older living with blindness or low vision.
- VIPs experiencing mental health challenges are encouraged to apply!



Program Features

- Topics: wellness strategies and coping skills .
- Outdoor Recreational Activities: Fun, inclusive activities designed to foster social connectedness.
- Stipend: \$500 upon completion for various needs.
- Food for each session.

Details

- 24 hours of programming over 6 sessions
- Session dates provided upon confirmation
- Held at accessible, central outdoor venues
- FREE TO ATTEND!!!

How To Sign Up

- Click this link: <https://shorturl.at/XJjL9>
- Call 818.253.4233 for more information
- Email: info@heartforsightfoundation.org



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