

**The Foundation will be holding a variety of macular degeneration information seminars and low vision days in NSW and ACT.**

## Low Vision Days

The Foundation, in conjunction with various low vision organisations, will present comprehensive information and advice to help people with low vision maintain independence and quality of life. Learn about macular degeneration and view low vision aids and technologies.

| Location                            | Date and Time                                | Address                                                     |
|-------------------------------------|----------------------------------------------|-------------------------------------------------------------|
| <b>Bankstown, NSW<br/>(Sydney)</b>  | Thursday, 16 March 2017<br>10.00am - 12.30pm | Bankstown Sports Club<br>8 Greenfield Parade<br>Bankstown   |
| <b>Gymea, NSW<br/>(Sydney)</b>      | Tuesday, 21 March 2017<br>10.00am - 12.30pm  | Tradies Gymea<br>57 Manchester Road North<br>Gymea          |
| <b>Belmont, NSW<br/>(Newcastle)</b> | Tuesday, 2 May 2017<br>10.00am - 12.30pm     | Belmont 16s (16 Foot Sailing Club)<br>The Parade<br>Belmont |

## Information Seminars

The Foundation's information seminars cover risk factors, symptoms, treatment options, and the importance of nutrition and lifestyle.

| Location                         | Date and Time                                | Address                                                    |
|----------------------------------|----------------------------------------------|------------------------------------------------------------|
| <b>Woden, ACT</b>                | Wednesday, 5 April 2017<br>10.30am - 12.30pm | Hellenic Club of Canberra<br>Matilda Street<br>Woden       |
| <b>Hornsby, NSW<br/>(Sydney)</b> | Wednesday, 3 May 2017<br>10.00am - 12.00pm   | Hornsby RSL Club<br>4 High Street<br>Hornsby               |
| <b>Tamworth, NSW</b>             | Wednesday, 17 May 2017<br>10.00am - 12.00pm  | West's Diggers Club<br>Kable Avenue<br>Tamworth            |
| <b>Coffs Harbour,<br/>NSW</b>    | Wednesday, 7 June 2017<br>10.30am - 12.30pm  | Coffs Ex-Services Club<br>1 Vernon Street<br>Coffs Harbour |

**All welcome - please register on 1800 111 709 if you wish to attend**