



FREE FALL LEARNING SERIES

September 2020

- ➔ September 8th Guided Meditation / Breathing Exercises—Ana Hunter-Nickels, VAIL
[Register here.](#)

- ➔ September 10th Self-Care—Alana Stevenson, VAIL
[Register here.](#)

- ➔ September 15th CCC+ Waiver Screenings & Childcare Benefits—Tabitha Dean,
Harrisonburg Rockingham Department of Social Services
[Register here.](#)

- ➔ September 17th Mental Health Services & the CSB—Lonny Wenger, Harrisonburg
Rockingham Community Services Board
[Register here.](#)

- ➔ September 22nd Dept. for the Blind & Vision Impaired Services—Bret Hart, DBVI
[Register here.](#)

- ➔ September 29th Medicaid Waivers—Ashley Shoemaker, Harrisonburg Rockingham
Community Services Board & Andrea King, VAIL
[Register here.](#)

All seminars will be held from noon to 1:00 PM on Zoom.
Registration is required.