

FREE FALL LEARNING SERIES

NOVEMBER 2020



- ◆ November 5th Money Skills—Alana Stevenson, VAIL
[Register here.](#)

- ◆ November 10th The Americans with Disabilities Act (ADA) - Gayl Brunk, VAIL
[Register here.](#)

- ◆ November 12th Nutrition & Healthy Cooking—Ana Hunter-Nickels, VAIL
[Register here.](#)

- ◆ November 17th Medicaid Benefits—Carolyn Harlow, Harrisonburg Rockingham Dept. of
Social Services
[Register here.](#)

- ◆ November 19th Self-Care—Alana Stevenson, VAIL
[Register here.](#)

- November 24th Disability Identity—Alana Stevenson, VAIL
[Register here.](#)

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

If any accommodations are needed, please contact
email andrea@govail.org.
Requests should be made as soon as possible but at
least 10 days prior to the scheduled meeting.

