



## Live & Thrive Maryland

Zoom'n the conversation with nursing facility residents and people with disabilities living in the community

- Are you a person with a disability?
- Do you live in a nursing facility or in the community?
- Have you felt isolated during the pandemic?
- Do you want to make new friends and learn about your communities resources?

Join us every 3rd Friday 2 PM to 3 PM for a virtual conversation where we will connect and share resources!

**#OurHomesNotNursingHomes #CripthatVote  
#Housing4All #InclusionandEquality  
#LiveAndThriveMaryland**

For the zoom link and information on obtaining technology to join meetings please contact Crystal Brockington: 443-219-7407 or Shannon Minnick: 240-638-0070



Independence Now