



PRESENTS:

LOW INTENSITY (WORKOUT A) VIRTUAL PROGRAMMING

Who: Open to individuals of all ages who are blind or visually impaired. Individuals under 18 are encouraged to join the event with an adult.

Where: Virtual via Zoom

When: Monday, August 10
Monday, August 17
Monday, August 24
Monday, August 31

Time: 12:00 pm to 1:00 pm

Registration is due 2 days in advance of the virtual program.

To register, please call or email

JoJo Smyth

360-726-5899

jsmyth@nwaba.org

<https://nwaba.org/events/>