



**PRESENTS:**

# **HIGH INTENSITY (WORKOUT B) 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:** Tuesday, August 11  
Tuesday, August 18  
Tuesday, August 25  
Tuesday, September 1

**Time:** 9:00 am to 10:00 am

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

**To register, please call or email**

**Tara Rogowsky**

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