



PRESENTS:

LOW INTENSITY (WORKOUT C) 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: Wednesday, August 12
Wednesday, August 19
Wednesday, August 26
Wednesday, September 2

Time: 7:00 am to 8:00 am

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

To register, please call or email

Megan Ahleman

360-768-5649

mahleman@nwaba.org

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