



PRESENTS:

HIGH INTENSITY (WORKOUT D) 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: Thursday, August 13
Thursday, August 20
Thursday, August 27
Thursday, September 3

Time: 6:00 pm to 7:00 pm

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

To register, please call or email

Mary Holmes

360-984-5627

mholmes@nwaba.org

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