



**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, September 14  
Monday, September 21  
Monday, September 28  
Monday, October 5  
Monday, October 12

**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**

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