



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, September 15th, 2020
Tuesday, September 22nd, 2020
Tuesday, September 29th, 2020
Tuesday, October 6th, 2020
Tuesday, October 13th, 2020

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

360-787-7335

trogowsky@nwaba.org

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