



**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, September 16  
Wednesday, September 23  
Wednesday, September 30  
Wednesday, October 7  
Wednesday, October 14

**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](mailto:mahleman@nwaba.org)**

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

Northwest Association for Blind Athletes' mission is to provide life-changing opportunities through sports and physical activity to individuals who are blind and visually impaired.