



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, September 17
Thursday, September 24
Thursday, October 1
Thursday, October 8
Thursday, October 15

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

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