



PRESENTS:

PILATES

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: Sunday, November 1 from 1:45 to 2:45 pm
Saturday, November 21 from 11:45 am to 12:45 pm

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

To register, please call or email

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