



PRESENTS:

CORE STABILITY WORKOUT 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, November 5, 2020
Thursday, November 12, 2020
Thursday, November 19, 2020

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

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