



PRESENTS:

# CARDIO POWER HOUR 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:** Fridays in December from 12:00pm to 1:00pm  
December 4, 11, 18 & January 8  
Wednesday, December 23 from 12:00pm to 1:00pm  
**All times are Pacific Standard Time**

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

**To register, please call or email**

**JoJo Smyth**

**360-726-5899**

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