



PRESENTS:

VIRTUAL BALANCE & CONTROL WITH ALICE

Who: Open to individuals of all ages who are blind or visually impaired.

What: Balance & Control will be a series of exercises to help enhance stability, mobility and flexibility.

Where: Virtual via Zoom

When: Thursdays in April & May 2021

April 8, 15, 22, 29

May 6, 13, 20, 27

Time: 12:00 pm to 1:00 pm Pacific Time

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

To register, please call or email

The programs team

360-448-7254 Extension 2

ProgramsTeam@nwaba.org

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