

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/

Northwest Association for Blind Athletes' mission is to provide life-changing opportunities through sports and physical activity to individuals who are blind and visually impaired.