



PRESENTS:
BALANCE & CONTROL

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 October & November 2021
October 7, 14, 21 & 28
November 4, 11, & 18

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

To register, please call, text or email

The programs team

360-448-7254 Extension 2

ProgramsTeam@nwaba.org

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