



PRESENTS:

FULL BODY WORKOUT

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

What: This Full Body Workout will focus on hitting all major muscle groups, building whole body strength and endurance.

Where: Virtual via Zoom

When: Wednesdays in October & November 2021
October 6, 13, 20 & 27
November 3, 10, & 17

Time: 6:30 pm to 7:30 pm Pacific Standard Time

To register, please call, text or email

The programs team

360-448-7254 Extension 2

ProgramsTeam@nwaba.org

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