



**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 January 2022  
January 6, 13, 20 & 27

**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](mailto:ProgramsTeam@nwaba.org)**

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