



PRESENTS:
BALANCE & CONTROL

- Who:** Open to individuals of all ages who are blind or visually impaired. Individuals under 18 are encouraged to join the event with an adult.
- What:** Balance & Control will be yoga flow style class with a series of exercises to help enhance stability, mobility, and flexibility.
- Where:** Virtual via Zoom
- When:** Fridays in March 2023
March 3, 10, 17, 24 & 31
- 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/>