



**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 May 2023  
May 5, 12, 19 & 26
- 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/>**