



**PRESENTS:**  
**CARDIO WORKOUT**

**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:** This workout will include exercises to get your heart rate up and improve cardiovascular endurance!

**Where:** Virtual via Zoom

**When:** Thursdays in November 2023  
November: 2, 9, 16, & 30

**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**

**[VirtualPrograms@nwaba.org](mailto:VirtualPrograms@nwaba.org)**

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