



**PRESENTS:**  
**DANCE AEROBICS**

**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 Dance Aerobics Workout will consist of learning three sequences of four exercise and dance-based moves. Join in for some fun with movement and music!

**Where:** Virtual via Zoom

**When:** Wednesdays in November 2023  
November 1, 8, 15, 22 & 29

**Time:** 12:00 pm to 1:00 pm Pacific Time

**To register, please call or email**

**The programs team**

**360-448-7254 Extension 2**

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

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