



PRESENTS:
DEEP STRETCH

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 start off with dynamic movements to warm up your muscles. When your muscles are ready to be stretched, we will take you through a series of stretches to increase flexibility.

Where: Virtual via Zoom

When: Tuesdays in November 2023
November: 7, 14, 21 & 28

Time: 9:00 am to 10:00 am Pacific Time

To register, please call, text or email

The Programs Team

360-448-7254 extension 2

VirtualPrograms@nwaba.org

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