



**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 a yoga flow style class with a series of exercises to help enhance stability, mobility, and flexibility.

**Where:** Virtual via Zoom

**When:** Fridays in November 2023  
November: 3, 10 & 17

**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/virtualevents/>**