



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 February 2024
February 7, 14, 21 & 28

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

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