



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 May 2024
May 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
<https://nwaba.org/virtualevents/>