



**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 July 2024  
July: 2, 9, 16, 23 & 30

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

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