



PRESENTS:

CARDIO WORKOUT

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 include exercises to get your heart rate up and improve cardiovascular endurance!

Where: Virtual via Zoom

When: Thursdays in November 2024
November: 7, 14, & 21

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

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