



**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:** Fridays in November 2024  
November: 1, 8, 15 & 22

**Time:** 9:00 am to 10:00 am Pacific Time

**To register, please call or email**  
**The programs team**  
**360-448-7254 Extension 2**  
[VirtualPrograms@nwaba.org](mailto:VirtualPrograms@nwaba.org)  
<https://nwaba.org/virtualevents/>