



PRESENTS:

STRENGTH WORKOUTS

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 consist of different rounds of exercises focusing on increasing strength. We will complete body-weight exercises to strengthen the upper body, lower body, and abdominals.

Where: Virtual via Zoom

When: Tuesdays in November 2024
November: 5, 12, 19 & 26

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/>