



Association of Blind Asians
presents

Free Online Exercises in Covid 19 crisis

11:00 am - 12:00 pm

**Every Tuesday,
Wednesday and Thursday**

- * **Supporting Community**
- * **Fighting Blindness**
- * **Reducing Social Isolation**

Sessions are disabled and age friendly. Enjoy different forms of exercises and meditation techniques from comfort of your own home using zoom app.

Contact to register before the class

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