ITNESS FOR ALL

The issue of fitness is an important issue for everyone. This subject will be addressed, during the March meeting of Creating Options, from 10 a.m. to 12 noon. SIT AND BE FIT, an online program, will guide us through simple, but important, exercises. During the past two years, it has been more than challenging to remain active. Creating Options will focus on this issue, and will provide simple solutions.

The NM Commission has approved an in-person meeting of ten individuals. Masks are optional. This meeting will also be accessible online. To attend in person, please RSVP to Don Burns no later than Tuesday, March 15, 2022.

NM Commission for the Blind

2200 Yale Blvd. /////SE

Albuquerque, New Mexico

Facilitators: Don and Nancy Burns

Dlburns2338@gmail.com

Zoom information:

 <https://us02web.zoom.us/j/81839112389?pwd=ZHJhM0xaSE9pWTVRaTFtc3NPR2VSZz09>

Meeting ID: 818 3911 2389

Passcode: 251488

One tap mobile

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