Updated information from Angel Eyes Fitness and Nutrition

100 StrongerTogether

Angel Eyes Fitness and Nutrition would like to announce the launch of its April campaign: 100 Stronger Together. 100 StrongerTogether is an initiative that

seeks to bring 100 blind and visually impaired people together for interactive online fitness classes. These classes will be offered every

Saturday in April from 12pm - 1pm EST

. The goal of these free live and interactive group fitness classes is to equip the community with exercises that will build their immune system and also

provide a fun and exciting outlet from isolation during the mandated "shelter in place" . To join go to

www.angeleyesfitnessandnutrition.org,

 click the class calendar link and join us on Saturdays at 12PM EST. No pre-registration is required. If you need to dial in by phone, please call 678-660-5101 for

the information.

Please note that once you join in a class you will be “physically seen” by participants and volunteers. It is an interactive experience. For more information

please go to

www.angeleyesfitnessandnutrition.

org. We can't wait to see you there!