Angel Eyes 100 StrongerTogether

Help Us Reach 100

Angel Eyes Fitness and Nutrition is excited to announce the April initiative 100 StrongerTogether has been extended to Saturday, May 9th!

100 StrongerTogether is an initiative that seeks to bring 100 blind and visually impaired people together for online fitness classes. These classes will

be offered every Saturday 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 class this Saturday, April 25th click the link below.

No pre-registration is required.

To join by phone click the number below.

Please note that once you join in a class you will be “physically seen” by participants and volunteers. It is an interactive experience. We can't wait

to see can't you there! To learn more about Angel Eyes got to

www.angeleyesfitnessandnutrition.org

https://zoom.us/j/411877245

The dial in number is +19294362866,,411877245#