



**BLINDNESS SUPPORT
SERVICES INC.**

The Road To Independence



COMMUNITY HEALTH EXERCISE AND FITNESS

Every Tuesday at Blindness Support Services from 1:30 – 3:00pm.

3696 Beatty Drive Riverside, CA. 92506

(951) 341-9244

**TERRI AKENS COMMUNITY OUTREACH COORDINATOR FROM THE
RIVERSIDE COMMUNITY HEALTH FOUNDATION WILL BE
INSTRUCTING AN EXERCISE AND FITNESS PROGRAM FOR
BLIND/LOW VISION INDIVIDUALS.**

**FREE WELLNESS CLASSES WITH CERTIFIED INSTRUCTORS GIVE YOU
SIMPLE AND EASY STEPS TO BETTER LIVING ON A VARIETY OF
TOPICS, LIKE DIABETES, FAMILY NUTRITION, AND HEART DISEASE.**

**IT IS NOT EASY FOR A BLIND PERSON TO STAY FIT AND HEALTHY.
COME AND PARTICIPATE IN THIS PROGRAM IF YOU WANT TO
EXERCISE. THIS PROGRAM IS FREE AT NO COST FOR YOUR BENEFIT.
STAY HEALTHY AND STAY BEING FIT. COME AND ENJOY THIS
PROGRAM OFFERED AT BSS.**

<http://www.rchf.org/#sthash.KDhH328U.dpbs>