

BRAIN GYM PARENT INFORMATION SESSION



Presented by School District #28 Support Service Staff

WHAT:

Participants will be introduced to Brain Gym, a movement program developed by Gail and Paul Dennison that can enhance self awareness and may bring improvements in areas such as memory, concentration and organization skills. This is a hands-on session so come prepared to try some of the activities.

WHEN:

Wednesday February 17th
6:00-7:00

WHERE:

Child Development Center
Family Room

No registration cost.

Free child care will be provided.

Please contact the CDC if you need child care.

If you have any questions email suemacdonald@sd28.bc.ca
or call (250) 992-0422

