

# Creative Relaxation

Parents and children are invited to have fun; to stretch, strengthen and improve balance; to develop body-awareness and self-control; to improve social interaction; to learn techniques for relaxation.

Presenter: Gigi McIntire, School Counselor/Creative Relaxation Certified Instructor

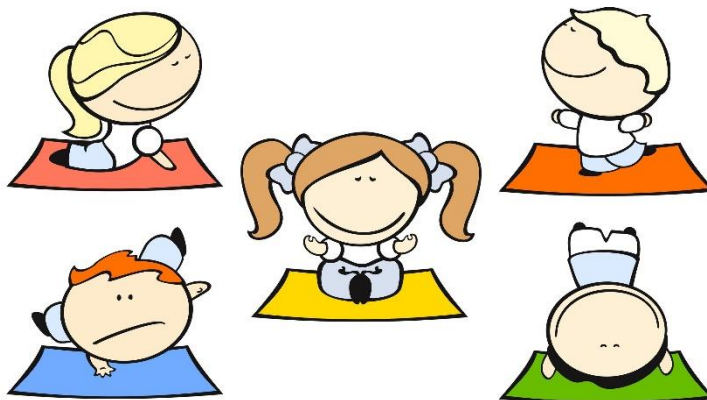
April 23, 2019

6:00pm - 7:30pm

Mirror Lake Elementary

1200 NW 72nd Ave, Plantation

**Please bring a yoga mat or a towel**



**No Registration Required!**

For more information contact Carol Beitler 754-321-3400 or  
[carol.beitler@browardschools.com](mailto:carol.beitler@browardschools.com)