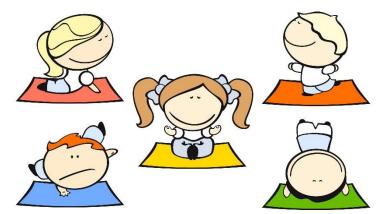


Parents and children are invited to have fun; to stretch, strengthen and improve balance; to develop body-awareness and self-control; to improve social interaction; to learn techniques for relaxation.

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



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



This document was developed by the Florida Diagnostic & Learning Resources System (FDLRS), a special project funded by the Florida Department of Education, Division of Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B.

