

SMART MOVES FOR LIFE!

WED JUNE 13

Introductory Presentation
5:30 - 8:30PM
Scott Valley Junior High School
237 Butte Street, Fort Jones
Dinner is provided!

THURS JUNE 14

In-depth Presentation
9:00 - 4:00PM
Miner's Inn Convention Center
122 E. Miner Street, Yreka
Continental breakfast
& lunch provided!



MOVING BEYOND STRESS *with* CARLA HANNAFORD, PH.D.

Stress appears to be a necessary part of our lives, and yet according to our physiology, at base, stress is to assure our survival in a life-threatening situation. In everyday life, however, it is a detriment to our health, learning, memory, and creativity. In this experiential presentation, participants will learn the latest insights from science about stress and how to use simple, profound, practical movements to remove learning blocks and immediately relieve the stress. Come ready to explore and stop the stress in order to live a more joy-filled, highly creative life! **Wear comfortable clothes to move freely!**

REGISTER HERE https://www.surveymonkey.com/r/_STRESS

Questions? Please contact (530) 918-7222.

Dr. Carla Hannaford is a neurophysiologist and an award-winning educator and consultant, with more than 30 years of teaching experience and has presented lectures and workshops to 50 countries. She is the author of 4 best-selling books that have been translated in 9 languages: SMART MOVES, THE DOMINANCE FACTOR, AWAKENING THE CHILD HEART, and PLAYING IN THE UNIFIED FIELD.

Sponsored by First 5 Siskiyou Children and Families Commission in partnership with Scott Valley Unified School District; Siskiyou County Health and Human Services Agency ~ Mental Health Services Act (MHSA) and Adult and Children's Services; Adult Education Pathways, College of the Siskiyous Foster/Kinship Care Education Program, and Sierra Forever Families.

