

# MOVEMENT-BASED LEARNING

NEW "PHYSICAL LITERACY" CLASS FOR PARENTS, CHILDREN, AND EDUCATORS AT NO COST TO PARTICIPANTS!  
FUN AND ENGAGING WAYS TO HELP DEVELOP FOCUS, RELIEVE STRESS, AND ENERGIZE!

**GET READY TO LEARN SOMETHING NEW!**

with *Jill Dieckmann* and *Paula Johnson*

Location: Mt. Shasta Elementary School  
501 Cedar Street, Mt. Shasta

**TUESDAYS**

**September 3<sup>rd</sup> and 10<sup>th</sup>**

**5:30 - 7:30pm**



This is a unique activities-based program developed by Paula Johnson and Jill Dieckmann over 20 years of education, training, and experience.

The program is a blend of yoga, Brain Gym,<sup>®</sup> and Balance Nervous System Points. These activities provide participants with strategies and techniques to help develop focus, relieve stress, and energize!

Child care and dinner are provided!  
These classes are for ages 3 years to adult.

For more information and to register,  
please call the Mt. Shasta CRC at 926-1400.



## About our Facilitators:

Paula Johnson is a former Brain Gym<sup>®</sup> Instructor, current Massage Therapist and student of Craniosacral Therapy.  
Jill Dieckmann is a retired Elementary School Teacher, with 24 years experience, and is trained in YogaFit.



TALK, READ, SING, PLAY, EVERYDAY!  
**FIRST 5**  
Siskiyou  
CHILDREN & FAMILIES COMMISSION