

FOR AGES 3 YEARS AND UP!

Movement-Based Learning

A NEW PHYSICAL LITERACY CLASS FOR PARENTS, CHILDREN, AND EDUCATORS
FUN AND ENGAGING WAYS TO HELP DEVELOP FOCUS, RELIEVE STRESS, AND ENERGIZE!

Facilitated by

Paula Johnson



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,[®] and Balance Nervous System Points. These activities provide participants with strategies and techniques to help develop focus, relieve stress, and energize!

About our Facilitator:

Paula Johnson is a former Brain Gym[®] Instructor, current Massage Therapist and Registered Craniosacral Therapist.



2 WEDNESDAY SESSIONS

NOVEMBER 15th and 29th
5:30 to 7:30pm

LOCATION – Scott Valley Family Resource Center
11920 Main Street in Fort Jones

A family dinner
and child care
are included!

Register online [here](#),
or call 530.468.2450.

