

PARENT-CHILD PARTICIPATION SERIES

PARENTING WITH MOVEMENT IN MIND

Free!

Explore the mental, physical and behavioral benefits of moving with your kids!

FOR THIRD & FOURTH GRADERS AND THEIR PARENTS/CAREGIVERS



Local public health guidelines will be adhered to for all in-person classes.

Questions? Email scyouthcoalition@gmail.com

This class is in ENGLISH

2 SESSIONS
MUST COMMIT TO BOTH CLASSES

JAN. 25 & FEB. 1, 2022
3:30 TO 4:30 PM
HARLOE ELEMENTARY
901 FAIR OAKS AVE., ARROYO GRANDE

Parents, caregivers and their kids (3rd & 4th graders) will participate in fun, positive active play with Cali Kids Fitness owner Brittney Jones. The mental, physical and behavioral benefits of parents moving their body with their kids will be explored. Parents will receive easy hands-on strategies for movement activities they can use in their home with their family.

Space is limited. Snacks provided. Child care for siblings may be available upon request.

Enroll today free of charge!

<https://www.eventbrite.com/e/parenting-with-movement-in-mind-for-3rd-4th-graders-tickets-161129222843>

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