



# MOVEMENT

PARENT & TWEEN/ TEEN

11-14YRS

*to Reduce Stress*



*Movement Strategies that cultivate bonding between you and your Tween/ Teen by engaging in active stretching, movement, cardio and game play to support and reduce stress, improve mood*

<https://www.eventbrite.com/e/138700152891>

- Class Dates 5/19/21, 5/26/21 6/2/21 Wed. 3:30-4:30
- Class Location: Parkside Park 401 Bakeman Ln. in AG

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