

Movement, Exercise and FASD...



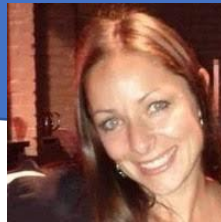
Please join in!

For an evening of inclusive activities, fun with fitness, games, parkour etc. There will also be an art activity for those who want a break from movement.

Our instructor:

Sensei **Steffannie Hancharyk** of Experience Physical Activity

M.A. Applied Health Sciences, B.Ed. Primary/Junior, B.Phed



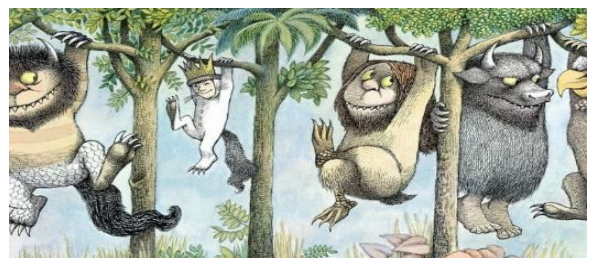
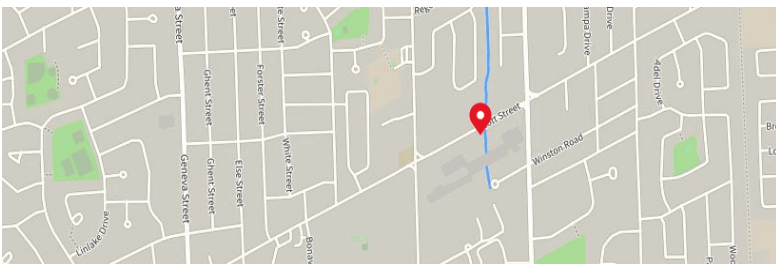
Who should come?

Youths with suspected or diagnosed Fetal Alcohol Spectrum Disorder (FASD), their parents/caregivers & siblings.

Date: Thursday, November 28, 2019

Time: 6:00 p.m. – 8:00 p.m.

Location: 40 Division Street, Welland, Ontario



Please RSVP or direct questions to: Cathy Gales 905-937-7731 X 3535

Cathy.Gales@fccniagara.on.ca fax (905) 641-9892

REGISTRATION FORM

For more information or to register contact: Cathy Gales 905 937-7731
X3535 Cathy.Gales@fccniagara.on.ca fax (905) 641-9892

FAMILY NAME: _____

NAMES OF ATTENDEES/ADULTS:

NAMES & AGES OF CHILDREN/YOUTHS:

ADDRESS: _____

EMAIL: _____

TELEPHONE #: _____ ALTERNATIVE TELEPHONE#: _____

DID YOU KNOW? “Physical activity (PA) has shown to be beneficial for those with FASD, particularly in the areas of working memory, sustained attention, cognitive flexibility, and planning. Ideal programming should recognize the child’s specific needs, allow choices, be positive, and fun.”



CANADA FASD RESEARCH NETWORK, 2018.

For more information:

Authors: Alison B. Pritchard Orr, Kathy Keiver, Chris P. Bertram, Sterling Clarren

Journal: Human Kinetics Journals



Linkages