

Get Ready To Learn

“Get Ready to Learn Program”

“Get Ready To Learn Program” offers daily exercises that help students achieve and maintain improved attention, task performance and behavior.

Families of participating students reported many improvements at home including:

- *Sleep
- *Communication
- *Mood
- *Behavior (improved transitions, reduced stress levels)

This program will show parents how to recharge their own batteries with a short routine designed just for caregivers. Participants will learn gentle routines, which includes breathing exercises, gentle stretches and deep relaxation. Parents will feel refreshed and restored! We will explain the “how and why” these exercises work.

Date: December 11th, 2012

Time: 10:00 am -12:30 pm

Location: P721Q- John F. Kennedy High school

57-12 94th Street, Elmhurst, NY 11373

Travel: M or R train to Woodhaven Blvd.

RSVP: 212-802-1685

Please join us for this exciting and informative morning.