

# Club NF Yoga & Swimming

The Washington University NF Center and St. Louis Children's Hospital invite you to attend our upcoming Club NF event, a FREE therapy and educational program for children with NF1.

Join us on Saturday, August 6, at The Lodge Des Peres for a morning of yoga and swimming! Kids will enjoy a yoga class led by Courtney Metzinger, OTD, MFA, OTR/L, an occupational therapist from St. Louis Children's Hospital. These skills will benefit your child in these areas:

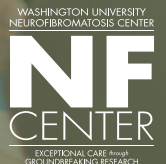
- Motor skills, including running, jumping and balancing to strengthen underdeveloped muscles and improve cardiovascular function
- Executive function skills such as following multiple-step directions and planning projects correlate to finishing homework or school projects
- Social skills enable your child to speak in a group, initiate conversation, make eye contact and maintain a conversation

Parents will attend a presentation led by Elizabeth Fox, the Regional Coordinator from MPACT (Missouri Parents Act), to discuss "Understanding the Evaluation Process" as it relates to special education services.

Lunch will be served to those who RSVP. See details below.

Bring your swimming gear (including sunscreen and towels) as guests will be provided with day passes to the indoor and outdoor pools at The Lodge.

- WHO:** \*Children grades K-8 with NF1 and their siblings
- WHAT:** Yoga class (kids) and Presentation MPACT (parents)
- WHEN:** August 6, 2016, 9:30 am - 12:30 pm  
(individuals will receive pool passes for the day)
- WHERE:** The Lodge Des Peres, 1050 Des Peres Road, St. Louis, MO 63131
- CO\$T:** FREE
- RSVP:** by Thursday, August 4, to Kirsten Brouillet at [brouilletk@neuro.wustl.edu](mailto:brouilletk@neuro.wustl.edu)



*This event is funded through generous support of the St. Louis Children's Hospital Foundation.*

\*Every child must be accompanied by his/her parent or guardian.

# Children's

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