

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 4th, at Webster Groves Recreation Complex, for a morning of yoga and swimming. These activities will target and promote development of the following skills often delayed in children with NF1:

- Gross 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 finishing homework and school projects.
- Social skills to enable your child to speak in a group, initiate conversation, make eye contact and boost confidence.

Bring your swimming gear (including sunscreen and towels) as guests will be provided with day passes to the pool at the Complex.

View additional event information and register at nfcenter.wustl.edu/events.

- WHO:** *Children grades K-8 with NF1, and their siblings
WHAT: Yoga class and gym activities (individuals will receive pool passes for the day)
WHEN: Saturday, August 4, 2018, 10 a.m.-noon
WHERE: Webster Groves Recreation Complex
33 E. Glendale, Webster Groves, MO 63119
CO\$T: FREE
RSVP: by Thursday, August 2nd, to NF@wustl.edu



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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.*

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