

# Club NF Goes Ice Skating!

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, December 1<sup>st</sup> at the Steinberg Ice Rink, for a morning of ice skating and family fun! The activities will target and promote development of the following skills often delayed in children with NF1:

- Gross motor skills, including running, jumping and balancing. Activities that use large muscle groups strengthen underdeveloped muscles and improve cardiovascular function.
- Fine motor skills including handwriting, tying shoes, getting dressed and organizing a school binder.
- Social skills to enable your child to speak in a group, initiate conversation, make eye contact and boost confidence.

It is recommended that children wear a helmet when skating. This is an outdoor event, so please dress appropriately for weather conditions (gloves, hat and coat). Parents will sign a waiver at the event in order for their child/children to participate.

View additional event information and register at [nfcenter.wustl.edu/events](http://nfcenter.wustl.edu/events).

<b>WHO:</b>	*Children grades K-8 with NF1, and their siblings
<b>WHAT:</b>	Outdoor ice skating at Steinberg Skating Rink
<b>WHEN:</b>	Saturday, December 1, 2018, 10 a.m.-noon
<b>WHERE:</b>	Steinberg Skating Rink in Forest Park, 400 Jefferson Drive, St. Louis, MO 63110 (located near the intersection of S. Kingshighway Blvd. and Hospital Drive)
<b>COST:</b>	<b>FREE</b>
<b>RSVP:</b>	by Thursday, November 29th, to <a href="mailto:NF@neuro.wustl.edu">NF@neuro.wustl.edu</a>



*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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