

# BROOKS<sup>®</sup> Rehabilitation Pediatric Recreation

## Morning Moves with Yaz!

This “parent-and-me” class will incorporate stretching, yoga, dance, and overall movement activities to focus on strength, coordination, balance, and mindfulness.

**Ages 3-5 years**

**Saturdays**

**January 23<sup>rd</sup> – February 27<sup>th</sup>, 2021**

**9:00-9:45am**



**This is a virtual 6-week session.**

**All classes will be held through Zoom meetings.**

**Once registered, you will receive the meeting ID and password.**



To register please call (904) 345-7501 or email [PediatricRecreation@BrooksRehab.org](mailto:PediatricRecreation@BrooksRehab.org)

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[BrooksRehab.org](http://BrooksRehab.org)

#WeAreBrooks

