

BROOKS® 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 23rd – February 27th, 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

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BrooksRehab.org

#WeAreBrooks

