



PARENTS AND CAREGIVERS

TRY THIS @ HOME WORKSHOP

Longfellow Health Center

FRI, JUNE 21ST 2019 | 4 PM - 7 PM

Long-term fitness and physical health starts now, regardless of age or ability levels. We support proactive parents and family members who want to bring effective fitness programs into the home and into the lives of those they love and care for. Let Autism Fitness® be your professional guide through our distance consulting and "Try This @ Home" workshops.

The Autism Fitness® Try This @ Home workshop for parents and caregivers is a 3 hour workshop presented by our select Level I Certified Professionals who want to deepen their relationship with the local autism community, develop public speaking and presentation skills, and is a prerequisite for the Autism Fitness™ Level II Certification.

For more info on **The Autism Fitness® Try This @ Home workshop** please contact us.



REGISTER NOW!

<https://autismfitness.com/LHC>



Longfellow Health Clubs
Healthy Mind Body Planet

Longfellow Health Club

524 Boston Post Rd,
Wayland, MA 01778
Youth Sports Zone Building
(Across from main entrance)
(508) 358-7355