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Florissa
Where children & families flourish.

Family Yoga

November 17, 2016 - May 18, 2017

WHO & WHAT

Families of children with special needs between the ages of 4-18 years old are invited to participate in Family Yoga. Siblings are encouraged to participate or to attend Sibshops which are offered during the same time frame at Florissa. **Benefits of Yoga include reduced tension and anxiety, improved attention span and ability to concentrate, improved memory and enhanced emotional stability.** Parents are encouraged to actively participate so they can work with the kids at home. Yoga mats will be provided, but you can bring your own.

WHEN & WHERE

Third Thursday of each month 5:30—6:30 PM

Florissa 101 East First Street, Dixon (corner of East First Street and Galena Ave)



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COST

Yoga and Sibshops are provided at no charge to families who have children with special needs.

REGISTRATION

To register for either Yoga or Sibshops please call Lois Barnhart of Florissa at (815) 288-1905. She can also be reached via email: barnhartl@kreiderservices.org

Florissa is a division of Kreider Services, in partnership with KSB Hospital and Sinnissippi Centers.



Florissa

Florissa • 101 East First Street, Dixon, IL 61021 • (815)288-1905

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