

# Bal-A-Vis-X is coming to Stevens Point! June 15-16, 2020

**CESA 5 at Bannach Elementary School, 5400 Walter St. Stevens Point, WI 54481**



Bal-A-Vis-X is a series of more than 200 Balance-Auditory-Vision-eXercises founded by Bill Hubert of Bal-A-Vis-X, Inc. Most exercises are done with sand filled bags or racquetballs, often while standing on a balance board. The exercises require thousands of mid-line crossings in three dimensions and vary in complexity. They are steadily rhythmic, with a pronounced auditory foundation, executed at a pace that naturally results from proper physical techniques. BAVX demands cooperation, promotes self-challenge, fosters self-esteem and peer teaching and it is FUN.



Bal-A-Vis-X Improves:

- Visual Tracking
- Hand-Eye Coordination
- Bilateral Coordination
- Rhythm
- Attention and Focus
- Regulation
- Relationship Building
- Confidence



## Who Should Attend!

- Classroom Teachers
- Occupational Therapists/COTA
- Physical Therapists/PTA
- Physical Education Teachers
- Special Education Teachers
- Paraprofessional Educators
- Reading Specialists
- Pupil Services Staff
- Parents

## What Will I Learn?

- Dozens of individual, partner, and group BAVX exercises
- How to use BAVX with regular ed. students, special needs students, and patients from pediatrics to geriatrics
- How to perform a dominance profile and eye tracking assessment

## How Do I Sign Up?

- Register [here through CESA 4](#)
- Cancellations made less than three weeks prior to the event will be charged
- To learn more contact Michelle Drucker: [mdrucker@cesa4.org](mailto:mdrucker@cesa4.org)

## Your Trainers

Michelle Drucker is a physical therapist and BAVX Practitioner. She partners with Shel Hyatt, K-3 grade teacher and BAVX Practitioner, to instruct 17-hour BAVX courses throughout Wisconsin and Canada.

## Session Details

- Tuition \$250 (14 CEUs)
- This is a hands-on workshop where you will be moving and learning! Please wear comfortable clothing and shoes.
- One-hour lunch. Bring your own or visit a nearby restaurant.
- Day One Schedule:  
Registration: 8:15 a.m. Session: 8:30 a.m. - 5 p.m.
- Day Two Schedule: Session: 8 a.m.- 4:30 p.m.

