



Rhythmic BALance, Auditory, VISion, eXercises

THURSDAY, AUGUST 22, 2013

FRIDAY, AUGUST 23, 2013

8:30AM—5:30PM (REGISTRATION 8:00AM)

CESA 4 is excited to welcome and partner with Bill Hubert and Bal-A-Vis-X!

This program includes over 300 exercises involving sand-filled bags, balance boards, and balls. These exercises are rhythmic, with a pronounced auditory foundation, executed at a pace that naturally results from proper physical techniques. Exercises are noted to increase academic improvement, decrease stress, improve posture, strength, coordination, and speech.

These exercises can be modulated to be increasingly complex or increasingly simplified for those with severe special needs. In group (school) settings, this program demands cooperation, promotes self-challenge, and fosters peer teaching.

Visit Bal-A-Vis-X for more in-depth information on the background of this program.

SPACE IS LIMITED, REGISTER TODAY!

http://login.myquickreg.com/event/event.cfm?from_cms=1&eventid=6015

- Cost of \$250.00 includes materials, breakfast and lunch on both days
- Course credit may be available, details to follow.

WHO SHOULD ATTEND:

- **PTs, PTAs**
- **OTs, OTAs**
- **SLPs**
- **Adaptive PE**
- **Regular Education PE**
- **Special Education teachers**



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