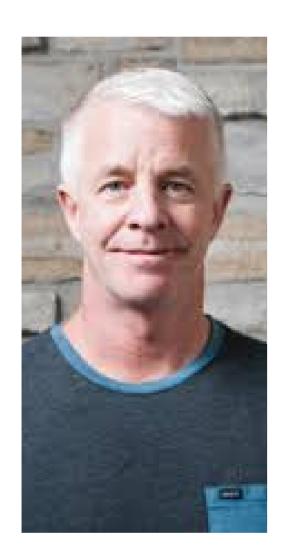




## Please join us on Oct. 25 & 26, 6:30-8pm





Hear from Dr. Dean Kriellaars' about his leading research and strategies on:

Faculty at School of Medical Rehabilitation with research in physical literacy, exercise, and more.

- the ABC's of physical movement
- how physical literacy can

develop self-regulation

 the importance of physical activity for kids (and us all)

OCTOBER 25 @ ST. PATRICK'S CATHOLIC HIGH SCHOOL, SARNIA OCTOBER 26 @ WINSTON CHURCHILL PUBLIC SCHOOL, CHATHAM REGISTER AT: HTTPS://GOO.GL/FORMS/NYASTXTWJIUBOGBW1