

It's finally here!

A Self-Paced, Virtual Brain Gym[®] Class!!

Join me for an experiential, enlightening
Brain Gym 104- 26 Movements class!

This class offers a deep dive into the
26 Brain Gym Movements and how they
support learning, focus, organization,
communication, memory and more!

**A “no brainer” for college students,
educators and therapists**



**Begins July 15th, 2024 -
with 2 months to
complete this 16 hour
class.**



**The 16 hours Includes:
virtual lessons, outside
exploration assignments
as well as 2 live sessions
for questions**



**Register by June 15 for
big discount: \$275
After that: \$325**

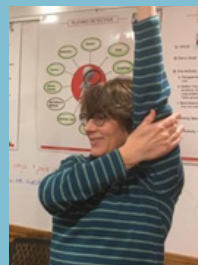
Register today at

www.brainfitacademy/classes

**Taught by: Pam Formosa, MA OTR/L
Owner of Brain Fit Academy**



**LEARN
26 Movement
Activities along
with variations**



**UNDERSTAND
How stress can
affect how the
brain and body
communicate**



**UNDERSTAND
How our midlines
relate to behavior**



**EXPLORE
Concepts of
“Drawing out”,
“Noticing” and the
“Five Principals of
Learning”**



**EXPERIENCE
Your own mind/body
connection as it
relates to your goals**