



JOIN US FOR A SERIES OF FREE WORKSHOPS

NUTRITION IN EARLY CHILDHOOD WORKSHOP

TUESDAY 12TH APRIL AT 6PM, FREE

For all parents who want the best for their children. Want your child to do better in school? Children's brains develop rapidly and providing the right nutrients to maximise their abilities is vital. Starting early encourages good eating habits for later life. Come to the workshop to learn more! With Lakeisha Gardiner-Wilson, BSc. Dip. Ed.

ACUPRESSURE & GENTLE BIRTH WORKSHOP

WEDNESDAY 11TH MAY AT 6 – 7:15PM, FREE

With Marisa Shearer, Certified Yoga Teacher & Edward Shearer, Licensed Acupuncturist at Grace Bay Integrative Health Centre. Everyone is welcome to a free workshop designed for anyone/couples to learn these acupressure points as well as deep relaxation techniques to mentally prepare the mind and body for a gentle birth.

OCCUPATIONAL THERAPY: MAXIMIZING A CHILD'S SUCCESS THROUGH EARLY INTERVENTION

SATURDAY 4TH JUNE, 9.30 – 10.30, FREE

With Charlis Robins. The first 3 years of life are a critical time for brain development, especially if a child has delays or is restricted in development. If a child needs support to ensure optimum development, occupational therapy can help. Early intervention provides children from birth to 3 years old who have disabilities, or who are at risk with help they need to succeed later in life. Do you know the signs?

MOMS AND TOTS CLUB - Every Saturday - 9:30-11am.

Join us for a casual, drop-in at the Nursery School.
Free or only \$5.00 for non-enrolled children.

All workshops held at the Nursery School of the International School of the TCI,
123 Governor's Road, Leeward, Provo. Call 946-5523 to reserve a place or email:
ebarber@internationalschooltci.com www.internationalschooltci.com

