



Southern Alberta
Professional Development
Consortium

Calm Classrooms, Active Bodies, Thriving Brains



PRESENTED BY

Norah Fines, RD & Stephanie Wierl



SERIES SESSIONS

Date	Time
September 24, 2019	9:00 AM - 12:00 PM



LOCATION

**SAPDC Learning Suite - 2219 14 Avenue
South (located in Our Lady of Assumption
School)**

FEE

\$20.00

QUESTIONS?

Contact Us:

403-381-5580

REGISTER ONLINE

Visit our website to register:

sapdc.ca

Program

Movement is essential for healthy physical and mental development in children and youth. A growing body of research highlights the vital role that physical activity has on cognition, brain function and mental health. Learn how you can use movement as a tool to promote emotional regulation, stress management, self-esteem, problem-solving skills, and a whole lot more!

Presenters

Norah Fines, RD

Norah Fines is a Health Promotion Coordinator from Alberta Health Services with the [School Health and Wellness Promotion team](#). She has been working in health promotion for over 10 years, and has a passion for supporting healthy school environments.



Stephanie Wierl

School Health & Wellness Promotion- AHS



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