



BRAINS AND BALANCE



ARE YOUR STUDENTS:
LACKING CONCENTRATION?
FULL OF EXCESS ENERGY?
NOT COOPERATING?
ACTING OUT?
DISORGANIZED?
LACKING COGNITION?
FORGETTING THINGS?
MAKING BAD DECISIONS?
STRUGGLING WITH RETENTION?

DO YOU WANT STUDENTS TO:
GAIN RECALL?
INCREASE MEMORY?
IMPROVE RETENTION?
CONCENTRATE BETTER?
PROCESS INFORMATION FASTER?
EXPAND EXECUTIVE FUNCTIONING?

THEN JOIN US!

Who should attend:
Pre K - 6, Teachers,
PE Teachers,
Adaptive PE
Teachers and
Administrators

We know teachers work very hard to keep the students' attention, encourage and motivate them while also staying organized and on time. What if we could provide you with additional activities that will help improve a student's attention, focus, and memory while at the same time allowing them to explore physical activities in a fun, social and non-threatening environment. Brains & Balance in Motion for Kids was developed for healthy elementary students as well as those who have ADHD and/or Dyslexia.

And here's the icing on the cake...

"It's easy to incorporate into your classes & easy to teach"

***It's short - one game or activity takes about 10 minutes**

**"It's fun and social - for a short time you and the kids
can forget about the classroom stress"**

***It's inexpensive and doesn't require a lot of supplies**

Research shows that combining Cognitive Tasks with Physical Tasks is far more effective than working on each task individually. Classroom techniques learned in Brains & Balance workshop may be implemented the next day to help improve academic performance and insure that our students experience exercise in a fun, non-threatening environment.

You will learn to implement activities that enhance cognitive skills while moving or participating in a physical activity - this is Dual Tasking.

Dual Tasking has been scientifically proven to speed up neurological development. You can empower the next generation to process information faster, increase their memory, retention and recall, and expand their executive functioning (decision making).

TRAIN STUDENTS' BRAINS WHILE ENHANCING THEIR BALANCE



Lois Moncel has been working in the fitness industry for 30 years. She is currently the Director of Fitness & Wellness at Robson Ranch (a 55+ community) whose fitness program ranked #2 Nationwide in the National Home Builders Association. She teaches fitness classes including Aqua, Weight Training, Brains & Balance, Seated Yoga, does private training and is a Certified CPR/AED Instructor. After completing the Brain Health Instructor Certification she developed Brains and Balance in Motion for the community where she is Director. Through adapting techniques B & B in Motion can assist elementary students to develop their cognitive and physical skills, using Single and Dual Task games and activities.



AFTER-SCHOOL VIRTUAL CLASS

3:00 - 4:00 PM - CT

1 PD HOUR

60 MINUTES - FEBRUARY 21, 2023

LIVE ON ZOOM AND ASYNCHRONOUSLY

Organization/School _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: _____ Fax: _____

Name/Position: _____

Email: _____

IL ASCD Membership # _____ IEIN # _____

If you need to add more names, please duplicate this registration form.

IL ASCD member Each	1 Person Each	2 People Each	3 People Each	Student/ Retiree Each
___\$49	___\$98*	___ \$78**	___\$68**	___\$49**

* Includes 1 year membership

** 2 or more attendees from the
 same school district/organization.
 Does not include membership.

(Call for Info on larger team discounts 618 203 3993)

Conference Fees \$ _____

IL ASCD 1 year Membership Fee (add \$49) \$ _____

Total Registration Fees \$ _____

The registration deadline is February 14, 2023. A \$15.00 fee will be charged for cancellations made in writing prior to the deadline. No refunds will be given after the deadline. Confirmation will be sent via e-mail after your registration is processed. Registrations can be transferred to another individual by faxing information to 309-438-5364 or by emailing mdrhoa1@ilstu.edu.

Payment Information:

(Payment or purchase orders MUST accompany registration form)

_____ Check made payable to Illinois State University enclosed

_____ Purchase order ENCLOSED. Purchase order #: _____

_____ Charge Credit Card: ___Master Card ___Visa ___ Am/Ex ___Discover
 Account Number _____

Expiration: (Month/Year MM/YY) and 3 Digit CVV code _____

Name on Card _____

**Illinois ASCD is an ISBE
 Approved Provider**

**Illinois ASCD is CPS
 Approved Provider: #24595**

How to register:

Online: Use your Visa, MasterCard, Discover, or American Express card at <http://www.illinoisascd.org>

Call: 800-877-1478 or 309-438-2160, Mon. - Fri. 8:00 a.m. - 4:30 p.m. and use your Visa, MasterCard, Discover, or American Express.

Mail: Send completed form with check or copy of PO to: IL ASCD Moncel, Illinois State University, Conference Services, Campus Box 8610, Normal, IL 61790-8610.

Fax: Fax completed form to 309-438-5364 using your Visa, MasterCard, Discover, or American Express or a copy of school P.O.

Email: Email a completed registration form and approved PO to mdrhoa1@ilstu.edu.