

# Expanding Brains and Balance in Motion

**Designed for:**

**Pre K - 6, Teachers, PE Teachers,  
Adaptive PE Teachers and Administrators**

**ENGAGE YOUR STUDENTS  
with FITNESS that TEACHES  
THEM TO DUAL TASK!**



**After-School Virtual class**

**3:00 - 4:00 PM - CT**

**1 PD Hour**

**60 minutes - September 28, 2023**

**Live on Zoom and Asynchronously**

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



Use Brains & Balance Activities in your  
classroom tomorrow to:

- Improve students' attention
- Enhance cognitive & physical Skills
- Accelerate focus and memory
- Explore physical activities
- Engage concentration
- Develop social skills
- Have fun

You will learn to help students to:

- Increase Attention Span
- Process Information Faster
- Improve Academic Performance
- Manage Stress More Effectively
- Build Memory, Retention and Recall
- Improve Executive Function Under Pressure
- Ensure that students experience exercise in a fun, non-threatening environment
- Incorporate research demonstrating that combining Cognitive Tasks with Physical Tasks is far more effective than working on each task individually
- Experience why Dual-Tasking has been scientifically proven to increase Neurological Development



Brains & Balance in Motion is designed for ALL elementary students, regular and special needs.

**Presented by Lois Moncel**

Lois Moncel teaches fitness classes including Aqua, Weight Training, Brains & Balance, Seated Yoga, and is a Certified CPR/AED Instructor.

Currently the Director of Fitness & Wellness at Robson Ranch her fitness program is ranked #2 Nationwide by the National Home Builders Association.



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	1 Person	2 People	3 People	Student/ Retiree
Each	Each	Each	Each	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 September 21, 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](mailto: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](mailto:mdrhoa1@ilstu.edu).