



WELCOME SUPERHEROES IN TRAINING!!

Superhero Saturday Schedule

Sessions include:

Drumming-music room

Superhero drawing-art room

Yoga-gym

Besides those special sessions there are many SUPER activities. Write about your own superhero in the cafeteria, create a calm jar craft, visit our photo booth, check out the videos, songs, and brain facts at the Symbaloo station, pick up your own grateful journal, spend some time with mindful coloring, and be part of a podcast with Joe Riley from Musically Meditated.

Volunteers are available to help you find your way!

START/END TIMES FOR DRUM, ART, and YOGA SESSIONS

9:15-9:40 Choose a session

9:45-10:10 Choose a session

10:15-10:40 Choose a session

11-11:30 Cafeteria Presentation/Dr. Plinovich

11:35-12 Check out an activity you missed!

12 - THANK YOU FOR COMING!!

Thank you to our sponsors:

Franciscan Health

Legacy Foundation

Meijer

Musically Meditated

Superhero Training and Supply, Inc.

Target

Thank you to these presenters:

Julie Burk/drumming

Jennifer Connelly/yoga

Julio Guerra/art

Joe Riley/Musically Meditated Podcast

Mari Barnes/AIR Reading Writing

Veteran Space/Cesar Esquivel