

Wednesday, October 9, 2019

Simple Strength



Haysville Healthy Habits
Positive Choices - Healthy Lives

150 Stewart
Haysville, KS 67060
Penny Schuckman, Director
Website: <http://usd261.com/learningcenter>
E-Mail: pschuckman@usd261.com
Phone: (316) 554-2331; Fax: (316) 554-2342

Graduate Credit Available!



Registration Deadline - October 2nd



150 Stewart
Haysville, KS 67060
Penny Schuckman, Director



Simple Strength

Workshop Description:



The participants will learn a variety of techniques to improve their physical and mental health. The techniques were chosen by the presenter because they are self-directed, simple to learn and can all be executed anywhere. The presenter will introduce his progressive strength training program that requires minimal to no equipment and can be adapted to anyone, cutting edge stretching techniques, relaxation strategies and more. Participants should wear comfortable clothing and will be actively involved (although they will never be asked to do anything that they are not comfortable with). Interspersed throughout the training, the presenter will perform a variety of olde-time strongman feats that were selected to reinforce and give visual cues to help participants remember important concepts. This workshop is offered in cooperation with Haysville Healthy Habits.

Presenter: Brad Johnson

Brad is a Psychologist at
Haysville Middle School

Simple Strength

Date & Time: Wednesday, October 9, 2019
8:30 AM to 3:30 PM

Location: The Learning Center, USD 261
150 Stewart
Haysville, KS 67060

Graduate Credit
Available!

Cost: \$100 Out Of District
Free to Haysville USD 261 Staff

Registration Deadline October 2nd!

Name: _____

E-Mail: _____

School/District: _____

Address: _____

Register On Our Website:

<http://usd261.com/learningcenter>

Or Register by E-Mail, Phone or Fax:

E-Mail: dlewis@usd261.com

Phone: 316.554.2331

Fax: 316.554.2342

