



The Sing, Dance and Play Program **Workshop**



Dance and Physical Activity: The magic formula for healthy living

Professional artist and Physical Education specialist Art Richard presents the opportunity to get our children moving!

- ❖ **A dynamic, captivating and interactive program that encourages a healthy lifestyle for our youth.**
- ❖ **A bilingual workshop where the audience is up and moving while dancing throughout the entire activity.**
- ❖ **The dances are energizing, captivating and easy to learn.**
- ❖ **Duration 45 minutes**

Make Fitness Fun!
[Workshop description](#)

The workshop participants will go through the process of working with the program as part of a daily physical activity program in the classroom. They will be showed how to work with the DVD. The participants will actively participate with the presenter as he goes through examples of performing the fun dances.

*****Conferences are also available for parents and teachers!!!*****



For more information or reservations:
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