



AIM Occupational Therapy

STRONG BODY and STRONG MIND

6-12 year olds

The “Strong Body and Strong Mind” group is designed to improve your child’s

- 1. Self-regulation**
- 2. Attention and concentration**
- 3. Core strength skills**

in a fun, supportive and safe environment.

The group includes the opportunity to experience a structured yoga class, catered for a small group of children with all equipment provided.

The Occupational Therapist can also assess your child to identify why they may be experiencing difficulties and provide further information and support if required.



For more information about this group or to book email reception@aimot.com.au or call 6150 8339