

Choose  
**A Day of Brain Gym** in Sidney, Nebraska on August 4, 2009 or  
**Brain Gym® 101** August 4-6, 2009

Hosted by Western Nebraska Community College

**University credits for recertification and salary upgrade are available.**



*"This is one of the few workshops worth its weight in gold!"*

Deidre Kobel, educator

*"Your session has been nothing short of life changing. Amazing!"*

Deana Mandell, client

*"You couldn't pay me not to use Brain Gym in my class."*

Sue Sederstrom, teacher

I'm a healthcare professional and always looking for tools and strategies that will help my patients and clients regain their health, strength, and well being. Brain Gym can help. **With Brain Gym, my patients and clients will be able to**

- Increase focus and concentration
- Improve mobility
- Lower stress, fear, and panic
- Move easily across the mid-line
- Improve hearing, speaking and listening
- Relearn skills easily and quickly

**Think Brain Gym's too good to be true?  
Check out the research at**

[http://www.braingym.org/brochures/BG\\_Research.pdf](http://www.braingym.org/brochures/BG_Research.pdf)

### What is Brain Gym?

Brain Gym is a program of simple, physical activities that quickly enhances learning in all areas. Brain Gym is being used effectively by hundreds of educators, healthcare professionals, and companies in over 90 countries worldwide.

### Your Workshop Leader

Dr. MaryJo Wagner, a dynamic, experienced, teacher and trainer, has taught Brain Gym to people in a variety of professions, from educators to occupational therapists, from chiropractors to business people. Even rowdy teenagers in Guatemala. She knows Brain Gym works.

**I have health and well being challenges myself. How will Brain Gym help me?**

**With Brain Gym, you'll be able to**

- Raise your energy levels
- Lower stress about your health
- Control panic and fear over your illness
- Improve your mobility
- Improve your memory
- Learn or re-learn anything easily and quickly
- Stay focused on a task

**Questions? Call Dr. MaryJo Wagner at 303-484-8027, e-mail [mjw@mjwagner.com](mailto:mjw@mjwagner.com)**



**Some of MaryJo's Satisfied Clients Include Parents, Teachers, Occupational Therapists and Kids at**

- Children's TherAplay Fndtn, Carmel, IN
- Explorabilities (OT clinic), Albuquerque, NM
- Utah Child and Family Services
- LSA (speech therapists) Rye, NH
- Jarrow Montessori School, Boulder, CO
- Mad River School District, Dayton, Ohio
- Bethel Colegio, San Pedro, Guatemala
- Jefferson County School Administrators, CO
- Manitou Spgs Elementary, Manitou Spgs, CO

## What do I get for My Investment in helping children (and myself) learn more easily and lower stress?



- 26 Brain Gym movements. I'll learn all the movements and get plenty of practice doing them. Then I'll be able to do Brain Gym after the workshop, and I'll be able to show it to and use it with children and adults.
- Three simple Brain Gym balances to use with patients and clients. Balancing is a unique process by which I can move from struggling to finishing a task easily. With balancing, I'll learn how to achieve my goals.
- 90-page workbook with pictures and explanations of Brain Gym movements.
- Copyright-free handouts that I can copy again and again.
- Six-weeks free e-mail or phone coaching with MaryJo for help with my specific situation, to keep me on track, to set up my own personal or professional routine. (Brain Gym 101 only)
- 12 Brain Gym balances which add further effectiveness to the 26 Brain Gym movements (Brain Gym 101 only)
- Practical application of the Three Dimensions of Learning as applied to the Triune Brain Model. (Brain Gym 101 only)
- One year membership in the Educational Kinesiology Foundation which includes free subscription to the *Brain Gym Journal* and *Edu-K Update*. (Brain Gym 101 only)
- Official Brain Gym 101 Handbook (Brain Gym 101 only)
- Opportunity to take other Brain Gym classes for which Brain Gym 101 is a prerequisite (Brain Gym 101 only)
- Two re-patterning to help the brain establish new neuropathways (Brain Gym 101 only)

**For more information and to register by phone call Regina Kuhns at West. Neb. CC at 308-254-7430**

**For Brain Gym questions: E-mail: [mjw@mjwagner.com](mailto:mjw@mjwagner.com) or call MaryJo: 303-484-8027.**

**Get general Brain Gym information including a listing of all Brain Gym and Edu-K classes and certification requirements at [www. BrainGym.org](http://www.BrainGym.org)**

**Discover Brain Gym! Register Today! Class size is limited! Don't be left out!**

**When:** Brain Gym 101, August 4-6, 2009, 9:00 to 4:30 Or one day only, August 4, 2009, 9:00 to 4:30

**Where:** Western Nebraska Community College

**Your investment for A Day of Brain Gym (1 day): \$167 Your investment for Brain Gym 101 (3 days): \$390**

**Reviewers who have taken Brain Gym 101 previously and full-time students (Brain Gym 101 only): \$290**

**Registration Questions? Call Regina Kuhns at 308-254-7430 or email Regina at [kuhnsr3@wncc.net](mailto:kuhnsr3@wncc.net)**

**Brain Gym Questions? Call Dr. MaryJo Wagner at 303-484-8027 or email MaryJo at [mjw@mjwagner.com](mailto:mjw@mjwagner.com)**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Other phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ I am registering for a Day of Brain Gym \_\_\_\_\_ Brain Gym 101 \_\_\_\_\_

I'm enclosing check or money order in the amount of \_\_\_\_\_

I'm charging the workshop on my Master Card or Visa. Credit Card Type: \_\_\_\_\_ Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**Graduate Credit available for salary upgrade and recertification for educators from Univ. of Colorado at Denver. CEUs for health care professionals available from Dominican University of California. (Additional charge for credits) Check with MaryJo for details. 303-484-8027 or email [mjw@mjwagner.com](mailto:mjw@mjwagner.com)**

Send your registration and checks payable to WNCC to Regina Kuhns, Western Nebraska Community College, 371 College Dr. Sidney, NE 69162. Please give us the name, address, and phone number of the credit card account you are using if different from your registration information. Thank you.