



FOR IMMEDIATE RELEASE

June 15, 2007

Included: Educators in attendance

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Educators Increase Exposure to Brain Exercises

Kansas teachers recently attended a workshop to stretch both their bodies and minds in order to learn how to better activate the brain through physical movement.

The workshop, called Brain Gym®, was held at the Jones Institute for Educational Excellence at Emporia State University Monday, June 11, 2007. The three-day workshop was attended by seven teachers and a health worker from Oklahoma.

“Brain Gym is a series of simple, fun, physical movements that develop new neuro-pathways in the brain which makes all learning easier,” said Dorothy Gray, the workshop’s leader. Gray explained these movements “switch on” the natural brain integration mechanisms that “switch off” when under stress.

Some of the benefits of these activities include: increased focus, organization, comprehension, physical coordination, social and communication skills, memory, overcoming learning challenges and enjoying new levels of excellence.

Gray is a Licensed Brain Gym® teacher and consultant who uses Brain Gym® extensively in elementary and college classrooms.

For more information about this workshop, contact Terri Weast at 620-341-5372 or 1-877-378-5433, tweast@emporia.edu.

Educators in attendance at the workshop included:

USD 290, Ottawa –
Joe Beasley
J.D. Horsch
Marilyn Resner

USD 394, Rose Hill –
Leslie Sissel

USD 445, Coffeyville –
Patty Samson

USD 501, Topeka –
Merry Cooper
Barb Jacobs

Jane Phillips Hospital, Bartlesville, OK –
Melinda Talbott

###TEACH###

