



# Let's Get Moving

GROSS MOTOR CLASS FOR CAREGIVERS &  
CHILDREN 0-2 YEARS OF AGE

RSVP: <https://www.eventcreate.com/e/letsgetmoving>

Bring your little one and come ready to play and connect with other parents and caregivers! During this workshop you will be able to ask our Pediatric Physical Therapist any questions you have on gross motor skills and walk through how to best assist your child in their next phase of goals. We will go through strategies and ideas on how to turn everyday play into purposeful therapy.

## **This class is great for:**

Children learning early gross motor milestones: roll, crawl and/or walk New and seasoned parents and caregivers looking to assist their child in meeting their therapeutic and personal goals.

**Free Coffee  
& Donuts**



**When:** First Saturday of every month

Next Class: September 2, 2023

**Time:** 10am - 11am

**Cost:** \$20

\*\*Current clients of Blue Horizon Therapy - please speak to staff

(303) 866 9921

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