

**Hawaii Association of the Blind
Parents and Youth - STEAM Event #11 Proprioception is the need and
Zumba is the relief!**

Where: Kaka'ako Waterfront Park
102 Ohe Street, Honolulu, HI 96813
Leah: (619) 770-8856 Chloe: (801) 556-7021

When: May 25, 2024 from 10:00 am to 1:00 pm. What to bring: Gym outfit, sunscreen, water bottle

Join us for an exploration of proprioception – the science behind body awareness. You will gain vital activities and practices for sensory input and development that can be utilized at home. In the second portion, we will get into the rhythm of proprioception with a tailor-made session from a specialized Zumba instructor. Don't miss out on this incredibly fun and informative experience!

RSVP: habpay808@gmail.com or by Google Form

Picture #1: Picture of students at a dancing class. Picture #2: Picture of the Zumba fitness logo. Picture #2: Picture of a student on a balance board.

