

Club NF Goes Ice Skating!

The Washington University NF Center and St. Louis Children's Hospital invite you to attend our upcoming Club NF event, a FREE therapy and educational program for children with NF1.

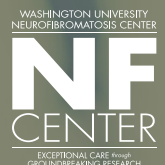
Join us on Saturday, December 3rd, at the Steinberg Ice Rink for a morning of ice skating and family fun! The activities will target and promote development of the following skills often delayed in children with NF1:

- **Gross Motor Skills:** Skating uses the large muscles used for a variety of gross motor activities including running, jumping and playing sports. Ice skating offers a way to work on coordination, strength and balance.
- **Fine Motor Skills:** Preparing to ice skate requires many fine motor skills including zipping jackets, tying skates and putting on gloves. These tasks can be challenging, but when performed in a relaxed environment with support from an occupational therapist, they can be practiced with a smile.
- **Social Skills:** Meeting new friends, initiating conversations and ordering snacks all require social skills. These skills are learned through practice and at this event your child will have plenty of opportunities to try out different approaches to greetings, small talk and conversing with adults.

Attend this event to enjoy the benefits of learning a new skill and strengthening current skills, all while interacting with family and friends.

Children will need to wear a helmet when skating. This is an outdoor event so please dress appropriately for the weather including gloves. Parents will sign a waiver at the event in order for their child/children to participate.

- WHO:** *Children grades K-8 with NF1 and their siblings
WHAT: Outdoor ice skating at Steinberg Skating Rink
WHEN: Saturday, December 3, 2016, 9:30 a.m-noon
WHERE: Steinberg Skating Rink in Forest Park, 400 Jefferson Drive, St. Louis, MO 63110 (located near the intersection of S. Kingshighway Blvd. and Hospital Drive)
COST: FREE
RSVP: by Thursday, December 1, to NF@neuro.wustl.edu



This event is funded through generous support of the St. Louis Children's Hospital Foundation.

**Every child must be accompanied by his/her parent or guardian.*