

STRONGER MINDS, BRIGHTER DAYS

Small steps. Big benefits.

MOVE
BREATHE
FEEL GOOD



BALANCE CHALLENGE

Stand on one foot, then the other.
Try balancing while pretending
to be a flamingo, tree, or superhero.



Be a
flamingo!

Be a
tree!

Be a
superhero!



SUPERHERO POSES

Stand tall like a superhero
with your feet apart and arms strong.
Hold the pose for 10 seconds,
then relax.



STRONG
BODY

CALM
MIND

You've got this!



Empowering People
Who Live With Epépsy