



YOUR CHILD CAN ACHIEVE BREAKTHROUGHS. OUR CLASSES CAN HELP. DISCOVER BRAIN BALANCE.

ABOUT OUR CLASSES

Brain Balance is a community based, integrative, adaptive exercise class for children, adolescents, and young adults who need support to manage behaviors, improve motor coordination, enhance communication and social skills, and build independence and confidence. Our classes are fun, active and engaging. Designed to meet the particular needs of each participant and their family, they incorporate a range of exercises and are conducted at our Brain Balance centers, virtually/at-home, or a combination of both.

Our drug-free classes have helped over 50,000 kids move beyond challenges to achieve greater success and lasting change.

WHY WE'RE DIFFERENT

Brain Balance is open to kids of all abilities.

Our class sessions engage the body and brain through intensive, strengthening exercises, progressively building key aspects of individual development. Each session involves participation in an integrated circuit of beneficial activities, all of which are scientifically validated, normed on individuals of different ages, and specifically selected to enhance the multi-modality of our classes. We start by strengthening the basic, foundational systems of the body and over time, exercises and activities become more complex and synchronized, improving an individual's ability to master skills, process information, self-regulate, and more.

BRAIN BALANCE INTEGRATIVE CLASS FEES

Integrative Class:

- Individual rate with one instructor: \$199/hour
- Individual rate with two instructors: \$247 / hour

The type and number of class sessions vary by program option. Three-month minimum enrollment term.

**CHANGE IS POSSIBLE!
CONTACT US TO
LEARN MORE.**