



**Idas • Learning Disabilities
Association of Sudbury**

The right to learn, the power to achieve

COMMUNITY WORKSHOP

Energize Your Abilities

***Techniques that Address Anxiety
The Learning Blocker***



DATE, April 3rd 2013

6:30 pm -8:30 pm

One Kids Place

400 McKeown Avenue

FREE WORKSHOP

Please RSVP to Pre-Register

communityoutreach@ldasudbury.ca



**Many learning difficulties
(processing difficulties)
are directly related to stress.**

This experiential workshop
introduces energy balancing
techniques that can address
your stress
and the stress of your child.



Anxiety limits cognitive function.
A stressed person/student,
cannot process information
effectively.

A calm, energetically balanced
brain supports efficient cognitive
abilities with improved lives and
learning being the outcome.

Facilitated By:

Angie DeMarco

Education Coordinator LDAS