

Beat Screen Fatigue with ASL.Fit!



Exhausted from staring at the screen all day?

Back aching from sitting?

Body feeling sore and stiff?

Take a one-hour break to clear your head and get some workout tips to spice up your routines.

Unwind your body, mind & spirit

Thursday, November 19

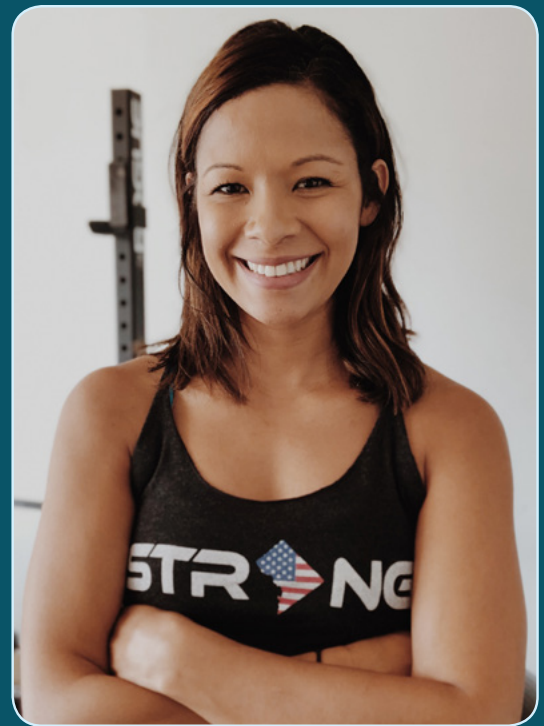
5:30 - 6:30 p.m. CST

Registration Link:
<https://go.texasdeafed.org/ASLfit>

*Open to students, ages 14-19,
who are deaf or hard of hearing*

**This online event is offered in Sign Language.
Additional communication accommodations
will be provided upon request.**

*This program is now available in our extended
Summer Camps and Programs webinar series.*



**Register now, and join
Robin Dazé to Beat Screen
Fatigue with asl.fit!**

<https://www.instagram.com/asl.fit/>

● **Have Questions?**

Contact: rachella.moore@tsd.state.tx.us

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For more information, please contact:

Phone: 512-462-5329 • Fax: 512-462-5661

Info en Español: 512-743-7972

www.texasdeafed.org • Email: SOC@tsd.state.tx.us

Twitter, Facebook, Instagram: @TXDeafEd

1102 South Congress Avenue, Austin Texas, 78704