

Neuroplasticity Labs Tools:

I am excited to bring this course to you both in-person and via distance learning – but still LIVE! If you are joining via the distance platform, you will have to prepare yourself for the lab sessions with the following tools to get the most out of the applications.

Distance Participants please have the following items on hand:

- ✓ Bath Towel
- ✓ Tape measure
- ✓ Adheremeter (create before class using transparency paper and template found at: <http://adheremeters.appspot.com/print.html>)
- ✓ Elastic therapeutic tape
- ✓ Scissors
- ✓ Yoga mat (or floor – your comfort)

In-Person Participants please bring the following items:

- ✓ Bath Towel
- ✓ Tape measure
- ✓ Scissors
- ✓ Yoga mat (or floor if you prefer)

Everyone please dress in lab appropriate clothing. If you can partner with another person taking the course that is great; otherwise, please have a friend on hand to participate in the “hands on” lab portions.

It will be a very full day, but we will keep it fun! I look forward to seeing you soon!

Thank you,

Dr. Elizabeth G Harvey, PT, DPT, MSR, Board-Certified Pediatric Specialist, CKTI

Owner of ABC Therapies LLC