

BE YOUR HEALTH SUPERHERO
VIRTUAL BOUNCE BASH®



THANK YOU!

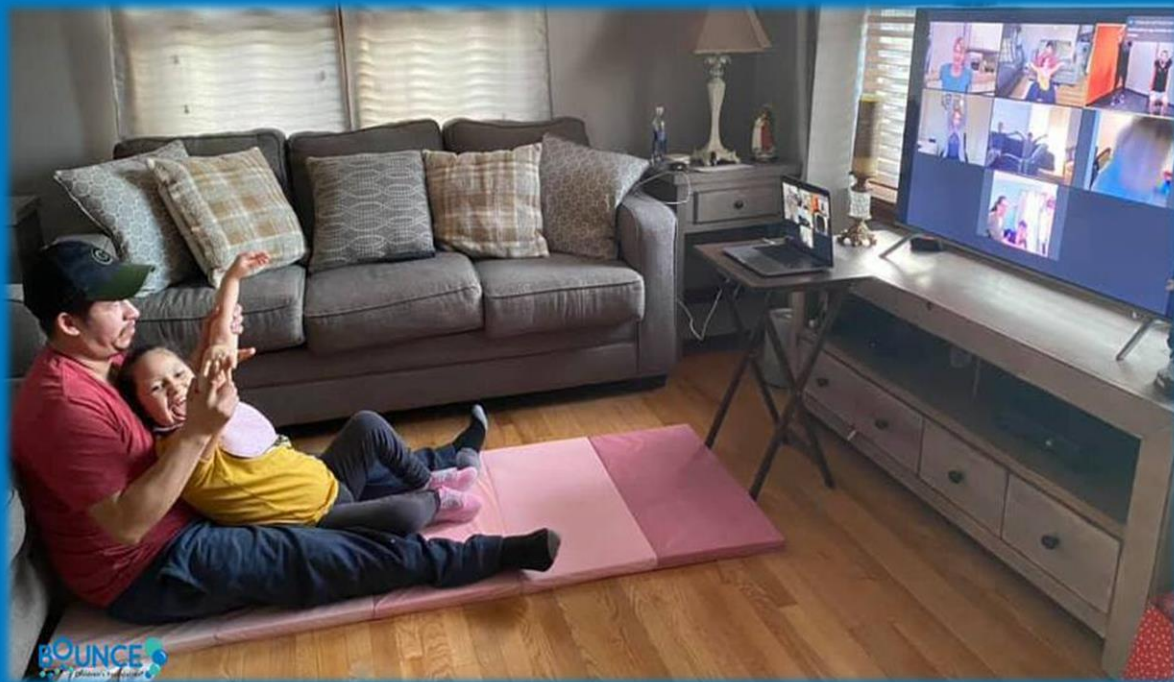


Thank you Bounce and contributors for the fitness and meditation activity.

*It was fun to get together,
and get moving as a family –
and be able to be mindful of all the things
we are grateful for.*

- Bridgette, Bounce Mom





We are now planning to do these types of activities with Layla – something we have not done before.

It also provided Dad with a rare opportunity to do them with Layla, given that he misses out since he is at work.

Thank you very much! It gave us something fun to do on an otherwise quiet Saturday (due to the pandemic).

- Ivonne, Bounce Mom



BOUNCE

SUPERPOWER
STRENGTH



We loved all of it!

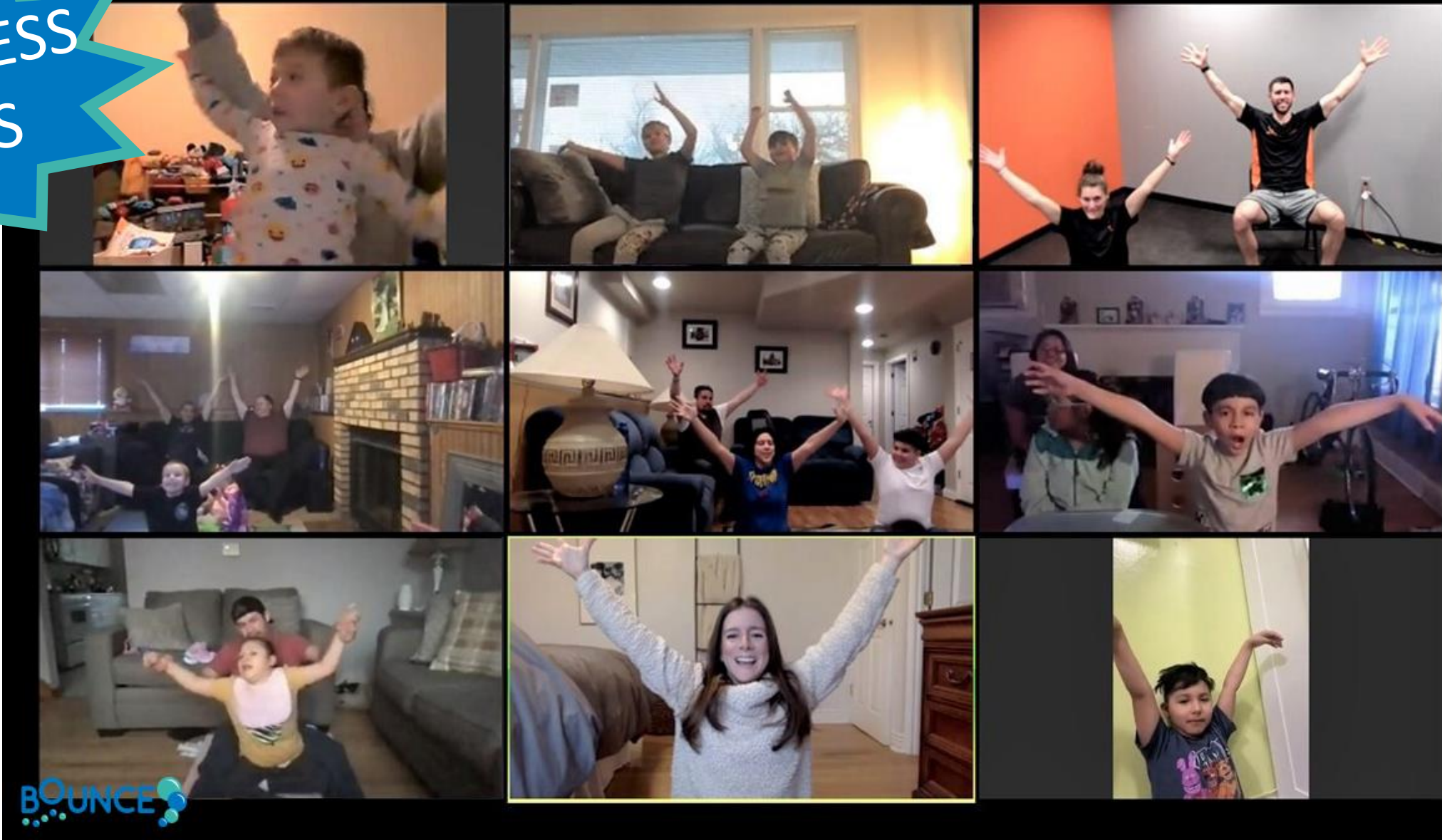
The modified exercise class was a fun way to incorporate activity into a long cold winter!

This exercise class gave us fun modifications that we could all do together.

- Caroline, Bounce Mom



MINDFULNESS MASTERS



BOUNCE



*The Superhero Training was super fun.
When I meditated, I felt so peaceful .*

- Bounce Sibling, Tavi, age XX

*The meditation that Lisa led was so
calming for Jeny. She really enjoyed it!*

- Melanie, Bounce Mom





Thank you for helping us Bounce!

