

# Bracing Groups

## A Monthly Meet-up for Kids in Scolio Braces

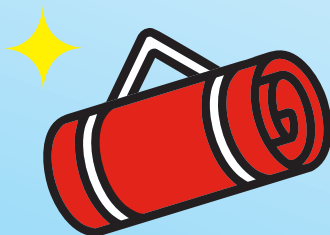
Wearing a brace can feel kind of weird or lonely, but you're not the only one! Come hang out, meet other kids who get it, and just be yourself. No pressure, no therapy, just fun. Parents are welcome too, we'll have something for everyone!

## WHAT TO EXPECT



### Arts & Crafts

Brace decorating, personalized brace calendar, crafts and more!



### Yoga & Mindfulness

Bracing-appropriate yoga and mindfulness sessions!



### Kids who get it

Make friends who also know brace life!

## SAVE THE DATES

October 9	March 12
November 13	April 9
January 8	May 14
February 12	June 11

4:30pm-6:00pm  
CHONY 8N

## CONTACT US TO REGISTER

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