



NASA Health & Fitness Activities for Middle School Teachers

Presenter: Sonya Williams, Aerospace Education Specialist-AESP

Description: During this workshop teachers will learn of NASA education materials related to biology (health & fitness). Topics covered relate to muscles and bones, food and fitness, sleep and daily rhythms and our cosmic connection to the elements will be explored. Hands on activities will be conducted; such as creating a model of how tendons and muscles work, developing an understanding of serving sizes and learn to exercise like an astronaut.

Date: Wednesday, March 28, 2012

Time: 9:30 am – 12:30 pm

Audience: Middle Grade Teachers and Content area teachers

Location: Western Suffolk BOCES Conference Center
31 Lee Avenue Wheatley Heights NY, 11798

Fee: \$30.00 (No Cost to WSB Health & PE Consortia Members)
Payment: ___ Check ___ PO ___ Cross Contract ___
(A506.040)

Register online at www.wsboces.org Instructional Support or My Learning Plan.

Copy this link <http://www.wsboces.org/WebReg>

Mail or Fax Registration to Joann Zerbo, Student Support Services Center, 31 Lee Ave., Wheatley Heights, NY 11798,
631/595-6843 FAX 631/623-4914

Cancellation Policy: Cancellations should be made at least 5 business days prior to the workshop. Failure to do so will result in your district being charged for the conference. All no-shows will be billed for the full amount of the conference.

Directions: Get off the LIE at exit 50, Bagatelle Road. Head South on Bagatelle Road for approximately 2 miles. Make a left onto Lee Avenue (Blinking Red Light). School is on the corner of Lee Avenue and Bagatelle Road Enter the driveway on the far right of the school. Park in the first parking lot. Enter the first door on the side of the school for the Conference Room.