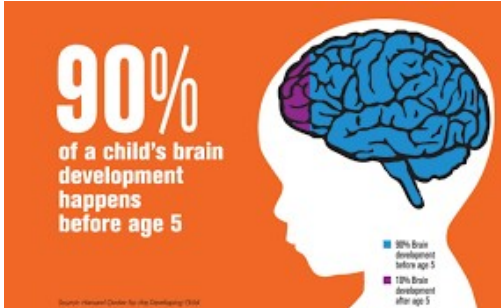**Attention Parents of Young Children!! Here are 3 facts that will change your child's life!!**

Early years are most critical for youth brain development!

Exercise promotes brain development! Children learn better with exercise!

Young children learn best in the home environment with parents & family!

Who- A former pro soccer player collaborated with researchers from Harvard, Stanford, and Univ. of Houston and discovered an incredible link between exercise & brain development of young children.

What- They created a program combining the awesome learning power of exercise, a young brain, and the critical parent/child relationship which results in accelerated cognitive, physical, emotional, and social development. Soccer Starts at Home® and uses basic soccer skills as the exercise tool to accelerate brain development. It works! A recent 10-week study with over 500 five-year-old children resulted in improved reading & math scores by an average of 4-5%.

How- It is simple. We built a FREE, interactive website for parents to help their kids. It has videos showing young children learning basic entry-level ball mastery skills, plus expert testimonials. Parents need no experience, just show the children the videos and encourage them to do the fun & easy exercises 10-15 minutes a day.

Where- Everything is done at your home or in your yard. No travel or scheduling is required.

Why- Your child's development and self-confidence will improve and accelerate with this program. Parents tell us it also provides a wonderful bonding experience!

Next Steps- Visit our website to register your child and enjoy the content and the program. Also, by registering, we can notify you when we are having free in-person events for you and your child in your community. No cost at all. Have fun!!

Dr. John Ratey, Harvard Medical School, one of the world's experts in brain science, and collaborator of the book _Soccer Starts at Home®_, says "Exercise optimizes the brain and body and sets it up for learning. Exercise promotes the growth of new brain cells. This program is a game changer."

For Information Only. This is not a program of Winston-Salem/Forsyth County Schools. It is not endorsed or supported by the school system.