



Child and Family Centre

# BRAIN GYM

Ontario



**Brain Gym is a program that involves simple movements and activities to improve and activate learning skills through the use of the brain.**

**Every Tuesday from 2:00 – 2:30 pm**

**To register, [click here.](#)**

**For more information, contact [elisabeth.han@bgchh.com](mailto:elisabeth.han@bgchh.com).**

**To see other EarlyON programs offered in Hamilton, [click here.](#)**



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Hamilton-  
Halton