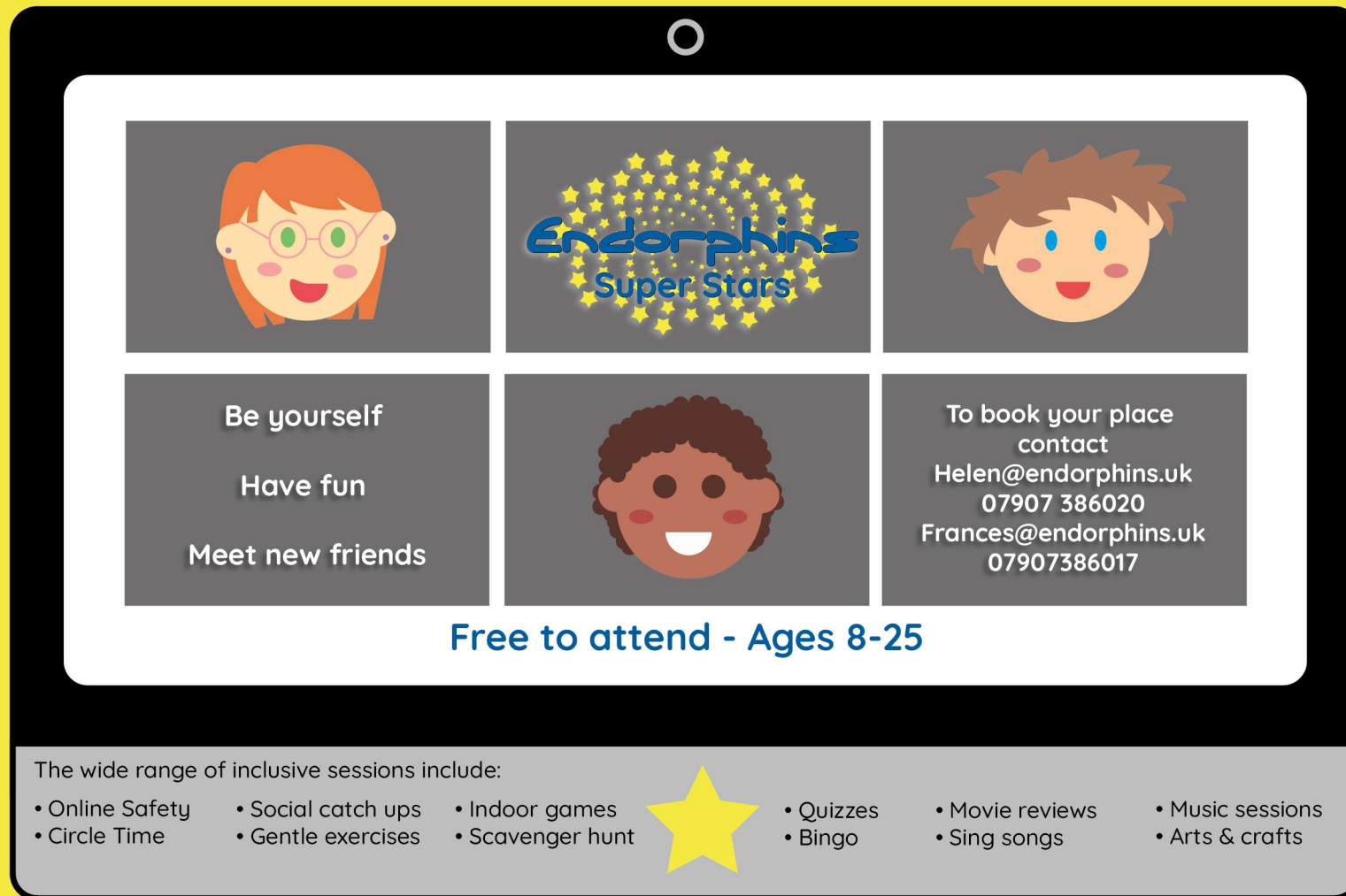


# Sign up to Endorphins online super star sessions



Be yourself  
Have fun  
Meet new friends

Endorphins  
Super Stars

To book your place  
contact  
Helen@endorphins.uk  
07907 386020  
Frances@endorphins.uk  
07907386017

Free to attend - Ages 8-25

The wide range of inclusive sessions include:

- Online Safety
- Social catch ups
- Indoor games
- Quizzes
- Movie reviews
- Music sessions
- Circle Time
- Gentle exercises
- Scavenger hunt
- Bingo
- Sing songs
- Arts & crafts

Sign-up for online fun, friendship and a little fitness with Endorphins Super Stars. This means that children and young people with a learning difficulty or disability can join in with a wide range of inclusive activities from the comfort of their homes.

The sessions focus on the development of positive health and well-being outcomes alongside the development of essential life skills and provide a great opportunity for children and young people to have fun and make friends.

Sessions will be run via Zoom which is a free to use application