

# THE PROFOUND IMPACT OF EXERCISE ON INDIVIDUALS WITH AUTISM



**6-8 PM  
NOVEMBER 13**

**VESTAVIA CITY HALL  
1032 MONTGOMERY HWY  
VESTAVIA HILLS, AL 35216**

## SCHEDULE OF EVENTS:

- 6:00-6:30** MEET & GREET, VENDORS OPEN,  
HORS D'OEUVRES
- 6:30-7:15** EXERCISE CONNECTION  
PRESENTATION
- 7:15-8:00** ASK COACH DAVE Q&A, PARTNER  
ANNOUNCEMENTS



**COACH  
DAVE**

**DAVID S. GESLAK  
BS, ACSM-HFS, CSCS**

## PARTNERS:



Exercise, one of the most underutilized and cost-effective treatments, demonstrates through research that it can increase on-task behavior, decrease stereotypical behaviors, build social skills, improve self-esteem and enhance language development in individuals with autism spectrum disorders.

David Geslak and Ashley Palomino, who have trained parents and professionals around the world, will educate you about exercise, share success stories, and give you the strategies and confidence to begin a program with your child or students. They will also share how ExerciseBuddy, an iPad App, is inspiring children to exercise without challenging parents or teachers.

Coach Dave is widely recognized for his affection to the autism community, dynamic presentations, and pioneering visual exercise programs. He has been a guest speaker for national autism organizations, educating on the benefits of exercise for those with autism. Come learn about the many tools and programs available from the Exercise Connection while meeting individuals and organizations that make up the autism community in Alabama!

REGISTER ONLINE AT [BIT.LY/AUTISMFITAL](http://BIT.LY/AUTISMFITAL)

\* Vendor area, raffle giveaways & Exercise Connection materials available for purchase.