

Date: Fri, 4 Dec 2009 10:05:07 -0600
From: KWALLACE@maine207.org
To: (all)

Subject: Mind and Body Balance

Good morning District Colleagues,

At least as far back as the ancient Greeks (probably longer) there has been an understanding about the connection between a healthy mind and a healthy body.

This release from Science Daily reports on a fascinating study done at Tel Aviv University that has found a literal link between an individual's physical balance and mental health.

I find information like this fascinating as we continue to uncover the mystery of human learning and development.

Sincerely,

Ken Wallace