



Are you or your child blind or visually impaired?  
Looking for a physical fitness program  
designed for your individual needs?

We Have The Right Program For Everyone  
Come Join

### **Third Eye Insight - Fitness For the Blind**

At our Suffolk County location in East Islip, NY  
We Provide A Physical Fitness Program  
With A Self-Defense Theme

*Our curriculum-based approach fosters spatial awareness, motor skills, coordination, balance, and focus. Our teamwork builds cooperation, self-esteem, communication skills and friendships. Through fun activities and exercise we develop our student's confidence which spreads into other aspects of their lives. A positive attitude and success builds as our students grow and progress through the program creating lifelong skills.*

**Contact Sensei Devin**

**631-445-3464**

or visit our website at <http://www.thirdeyeinsight.org>  
for more information.