



**THE COLLABORATIVE**  
East Carolina University®  
NC STATE UNIVERSITY



# SCIENCE SATURDAYS



Explores the world of **CARDIO DRUMMING!**

Cardio drumming is a low-impact exercise that combines drumming, rhythm, and music to increase heart rate, burn calories, and improve coordination. It's suitable for people of all ages and fitness levels.

Join us November 23rd for a morning of learning made fun!

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**K-2 Literacy and STEM group will join the upper grades for Cardio Drumming this month!**

**Space is limited so sign up now!** [CLICK LINK TO REGISTER](#)

Or email [ecu.ncstate.collaborative@gmail.com](mailto:ecu.ncstate.collaborative@gmail.com) for registration.

**Saturday November 23rd, 2024**

**9:00 am- 12:00 pm**

**Gateway Technology Center**

**3400 N Wesleyan Blvd. Rocky Mount**