



rise above it

be the change.

FREE EMOTIONAL HEALTH & WELLNESS EVENT

VIRTUAL OR IN-PERSON
FOR ANYONE 12+.

SEPTEMBER 28, 2021
4:30 - 8:30 PM

**NEW PALESTINE
INTERMEDIATE SCHOOL**

BREAKOUT SESSION TOPICS INCLUDE:

Anxiety, Social Media, Grief and Loss, Depression/Suicide,
Vaping/Smoking, Substance Misuse, Self-Regulation and
Mind-Body Medicine.

INFORMATION BOOTHS and Dinner Provided.
Hidden in Plain Sight-Simulation of a teenager's bedroom

REGISTER AT:

behealthy365.org/RiseAboveIt

