

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



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 **Healthy 365**

 **HEALTH POSSIBLE**