

CURIOSITY &
CONNECTIONHEALTHY
MINDSA NORTH
CENTRAL MA
COLLABORATION

APRIL 13, 2022

Opportunity for High School Students

VIRTUAL EVENT WED, APRIL 13, 2022 10-1

Come join us for some fresh new content
and experiences with Healthy Minds!

What is Healthy Minds?

Healthy Minds is an annual virtual youth conference that explores the idea of being healthy, in all areas. This year's Healthy Minds event brings health and real-world skill-building to K-12 schools across the region with a theme of "Curiosity and Connection". Teachers and students will be able to select from breakout sessions that spark personal interests, satisfy curiosity, and help them plan for their future.

Agenda



10:00 General Session

10:50 Movement break

11:00 Workshop #1

11:45 Movement break

11:45 Lunch

12:00 Workshop #2

12:45 Closing session

Workshop Highlights

- History of Hip Hop

From its origins in Latin, African, funk, and soul music, hip hop has grown into a worldwide phenomenon. But did you know that it all started in one neighborhood in the South Bronx? Corey will take students through the early history of hip hop and its four elements - MC-ing, DJ-ing, breakdancing and graffiti - to inspire them with the possibilities of creating something positive out of everything.

- DMs to IRL: Safely Dating Online

Discussing how to appropriately use popular dating apps. Learn the safe ways to go on a date and recognize healthy dating behavior.

- Renting Your First Apartment

De-mystify the apartment hunting experience in this session that takes you behind the scenes during a local apartment search with a real estate agent, landlord, and several curious young people.

- Using Your Personal Leadership Compass

Discover your personal leadership style and put it into practice!



Interested? Click [here](#) for more
information and check back often
for new updates.

