

CURIOSITY &
CONNECTIONHEALTHY
MINDSA NORTH
CENTRAL MA
COLLABORATION

APRIL 13, 2022

Opportunity for Middle 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.

- When To Get Help

Use interactive quizzing to check your mental health knowledge and learn how to get the support you need. Students will collaborate using a live polling website.

- Healthy Relationships

Come join this interactive session on healthy relationships. What is a healthy relationship and why does it matter? Let's talk!

- What's the Deal with Main Street?

Raise your voice to share what's happening in your town that you would like to improve. Local representatives and community leaders will be there to listen to your ideas!



Interested? Click [here](#) for more
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