



Creating Health Tech Habits Workshop Series

Wednesdays, March 12, 19 & 26 at 9:15-10:45AM

Colchester Elementary School (CES) Conference Room

Free Childcare Available

**Technology is everywhere and parenting
around it can be challenging!**

Would you like to create a healthy tech plan for your family? Join us for a 3-part workshop series to explore the ways your family uses technology, identify some changes you'd like to make and develop a plan to implement those changes. Be part of the discussion with other parents and caregivers to learn how to incorporate the right balance of tech in your family!



**Growing
Stronger
Together**

Registration NOW open!

ColchesterC3.jumbula.com/#/caregiver-programs