

YOU don't want to miss this ARCH presentation



# A Better High

Helping our Teens Find It

**Wednesday, November 29, 2017**

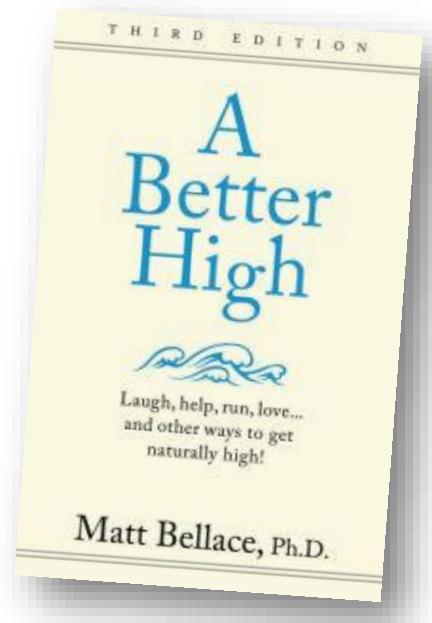
7:00–9:00 PM at Valley Forge Middle School

Matt Bellace offers a positive, science-based and seriously entertaining approach to substance abuse prevention. He presents important and useful information in a way that can sometimes feel more like a comedy act than a typical parenting presentation.

- **Learn about...** effective communication, healthy coping mechanisms, and stress reduction.
- Earlier in the day, Dr. Bellace will conduct **student assemblies** focusing on *“Better Highs”* for 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> grades.
- **Mark your calendar now and plan to attend this evening program.**

**SPEAKER: MATT BELLACE**

For over 20 years, Matt Bellace has been traveling the country as a professional speaker and stand-up comedian. Dr. Bellace has a PhD in clinical neuropsychology, which is the study of the brain and behavior. He is the author of the book, “A Better High,” co-author of the National Geographic Kids Series, “This or That,” and was a regular on truTV’s, “World’s Dumbest.” Matt’s presentation will focus on natural highs and making healthy choices.



*This ARCH event is free and open to all parents.*