

Let's Talk About It!

Health & Wellness Symposium

presented by
Parkland School District
at Orefield Middle School



September 21, 2019
8:45 a.m. to 12 noon



**You may choose up to 3 sessions to attend
on the following subjects:**



addressing your child's anxiety



vaping

social media: know the dangers

building/maintaining healthy relationships

mindfulness for all ages

current drug trends

addiction

mock teen bedroom

making mental health a priority in college

yoga for relaxation

setting clear expectations at home

conflict resolution



Please click here to sign up for the sessions: <http://bit.do/hwsymposium>