

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>