



# rise above it

be the change.

## FREE EMOTIONAL HEALTH & WELLNESS EVENT

VIRTUAL OR IN-PERSON  
FOR ANYONE 12+.

**SEPTEMBER 28, 2021**  
**4:30 - 8:30 PM**

**NEW PALESTINE  
INTERMEDIATE SCHOOL**

### BREAKOUT SESSION TOPICS INCLUDE:

Anxiety, Social Media, Grief and Loss, Depression/Suicide,  
Vaping/Smoking, Substance Misuse, Self-Regulation and  
Mind-Body Medicine.

**INFORMATION BOOTHS** and Dinner Provided.  
Hidden in Plain Sight-Simulation of a teenager's bedroom

### REGISTER AT:

[behealthy365.org/RiseAboveIt](https://behealthy365.org/RiseAboveIt)

