

Just for the Health of It! Come to the **Wellness Fair**



**Monday,
February 4
6pm - 7pm**

THS Commons
*Resources, Raffle,
and Refreshments*

**INTERNET SAFETY
PRESENTATION**

7pm - 8pm
THS Auditorium

*To be healthy
as a whole,
mental wellness
plays a role!*

*FREE & Open to
Twinsburg City School District
Parents & Residents!*

*Twinsburg City School District
is pleased to invite you to an evening
devoted to wellness and safety for
students and families.*

As a parent, supporting your student in the digital age can be stressful, problematic, and exhausting. It can even be difficult to find help especially when you don't always know the right questions to ask. Join us for a night of insight and discussion where we will look at why technology plays such an important role in the lives of Centennials (the generation that has never known a world without the Internet), learn about apps that all parents should be aware of and options for filtering the Internet at home. There's something in this presentation for all parents, regardless of the age of your children.

Resources available on-site:

- Wellness and Awareness of Community
- Mental Health and Physical Health

Preschool through Grade 12 parents please plan to attend.



Sponsored by the
Twinsburg City School District,
Summit County ADM Board,
and Twinsburg Council PTA

For more information please contact:
Kathi Powers, Superintendent
330.486.2002

