

Maple High School's School Council would like to invite you to our

FREE Community Involvement EVENT

MIND, BODY, AND SOUL

Inspiring Health & Wellness in Our Neighbourhood

On Wednesday, March 28th 2018, from 5:30 pm to 8:30 pm

At Maple High School, 50 Springside Road, Maple ON

GUEST SPEAKER

Hayden Bendavid, Teacher Liaison supporting Anti-Bullying and Marginalized Communities, from Inclusive Schools and Community Services

This discussion will focus on the stages, symptoms, strategies and resources to support your child with mild to severe anxiety. The discussion will also cover the topic of resiliency and how promoting resiliency leads to better mental health.

Over 20 booths of health practitioners, educators and vendors participating

- Family Services York Region
- Learning Disability @ York Region
- Life & Family Counseling
- Nature Source
- Heart & Stroke Foundation
- Karamella Designs - *Jewellery*
- Massage Experts Vaughan
- My Tutor Doctor
- Nature Source
- The Right Weigh
- Smith's Pharmacy
- York Region Paramedics & Fire Dept.
- York Region Addiction Services
- and many more



ENJOY HEALTHY FOOD

A light dinner buffet will be served compliments of our Family Studies students & staff.

