

Tools necessary to foster
Health
Resiliency
Inclusiveness
Vitality and
Empowerment in Medway's youth.



Medway T.H.R.I.V.E. Presents:

Dr. Jacqueline M. Vorpahl

"Healthy Bodies, Healthy Minds: How To Foster Your Child's Emotional Well-Being"

Dr. Vorpahl will help you understand how to best foster your child's emotional well-being by connecting mind and body.



**November 15, 2017
6:00-7pm
Burke-Memorial Cafeteria
Children Welcome!**

Dr. Vorpahl, Clinical Psychologist, and creator of the ["Chill Outz" app](#) will spend 30 minutes presenting to parents. If you would like to bring your school-aged child/children, they will be able to participate in a supervised physical activity in the Memorial gym, during the parent presentation. Your child will then join you for the last 15 minutes of the presentation so that together you can learn mind-body exercises, which you can use at home! Although you are welcome to attend with your child, this is an event for parents so please feel free to attend without your child if you wish.

We do ask that you RSVP for this event, so that we can ensure adequate child supervision:
[Healthy Bodies, Healthy Minds- RSVP](#)