

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

Expanding Opportunity and Unleashing Potential



SENECA VALLEY HS HEALTH AND WELLNESS FAIR

Please join us for the Seneca Valley Health and Wellness Fair! We welcome all parents/guardians, students, staff, and community members to choose from dozens of educational sessions, fitness classes, and informative presentations. Sessions will be provided in English and Spanish.

Session topics include:

- ◆ Mental Health and Wellness
- ◆ Self Care and Time Management for Students
- ◆ Refusal Skills & “Escape Hatch” Planning
- ◆ Music Therapy
- ◆ Sports and Wellness
- ◆ Kahoot! For Cash Tournament Finale—1st Place Prize \$1,000!!
- ◆ Therapy Dogs
- ◆ Art Therapy
- ◆ How to Have Tough Conversations
- ◆ Narcan Training and Distribution
- ◆ Zumba & much more!

RSVP Here: <https://tinyurl.com/ck5vzkxx>

SSL hours available for students



May 20, 2023
9:00 a.m.—12:00 p.m.

Seneca Valley High School
19401 Crystal Rock Drive,
Germantown, MD 20874

