

WELLNESS WORKSHOP

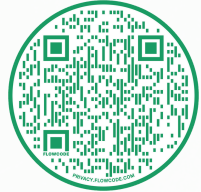


Scan QR code
for more details



**11:00am SATURDAY
JULY 13**

Call 502-228-4161 to Save a Seat



Discussion About Problematic Use of Screen & Social Media Time

- Overly concerned about “likes”
- Uncontrollable urge to use
- Primary social contact
- Depression - Anger - Low Self Esteem
- Personal dissatisfaction
- Hyperactivity
- Short attention span



**Join licensed clinical social
worker, addiction, alcohol &
drug counselor MIKE EIDEN
for an open discussion**



Learn methods to mitigate these negative effects