

Feb. 12 (snow date 2/26)

What is anxiety and depression?

March 19 (snow date 3/26)

The uniqueness of each child.

April 9 (reschedule date 2/23)

The impact of food, lifestyle and social media.

May 21

What can Jesus followers do to help?

**EMPOWERING
PARENTS!**

**FOSTERING A
HEALTHY
MINDSET IN OUR
CHILDREN**

Mental Health IS Brain Health



@slingshot_health_coaching

www.slingshothc.com

Plumstead Christian School

5765 Old Easton Road, Plumsteadville, PA 18949

8:30am-10:30am

Tracy Spiaggia, NBCHWC, Functional Nutrition and Lifestyle Practitioner, Amen Clinic Brain Health Specialist and AACC Mental Health Coach* will be presenting an in-person (and live streamed) 4-part series on understanding the mental health crisis among our youth. She will help us better understand what anxiety/depression/mental illness are, how our unique nature can predispose us to mental and emotional challenges, how our diet and lifestyle choices, including social media use, contribute to brain disease, what parents can do to support their suffering child and what we, the body of Christ, can do to help.



Please pre-register [HERE](#), email Shannon Nusser of PCS at snusser@plumsteadchristian.org, and by either completing the form on Slingshot Health Coaching's website or emailing Tracy directly.

www.slingshothc.com

tracy@slingshothc.com