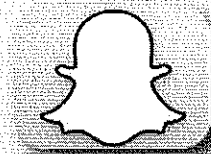
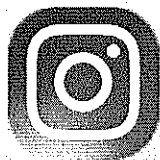


social media fitness



Listen ~ Understand ~ Connect

Join us for an exciting journey into the world of Snapchat, Twitter, Instagram, Facebook and more. And leave inspired, skilled and confident to support your family's journey through Social Media. Our kids are already engaged in this space. *We need to be engaged, too.*

Core Discussions...

- Mental Health; Stress & Anxiety
- How Students are Evaluated, Online
- How Students Use Social Media
- Building a Sustainable Reputation
- 4 Prominent Social Platforms
- Daily Habits; Important vs. Urgent
- Achieve Balance; less screen time
- Increase Online Confidence & Skill

Chris Vollum

International workshops
Presented to more than
600,000 students throughout
Canada and the United States



Recognized educator on
Twitter, Instagram, Periscope,
Snapchat, Facebook,
YouTube, Tumblr

Date: Thursday, January 11, 2018 Time: 7:00 - 8:15 pm

Location: Annette St Ps / High Park Alt. Gymnasium

Questions & RSVP: nancy.keenan@tdsb.on.ca