THE DISTRICT WELLNESS DEPARTMENT BRINGS TO YOU OUR:

PARENT FORUM

Please JOIN US as we discuss
"The Whole Athlete & Optimal Performance"

Our guest speaker from **Henry Mayo Community Education** will discuss the

latest research on the important role mental health plays in sports, sport performance, and overall health. Taking care of our "neck up" is vital in all aspects of life, especially in sports.

When: January 31, 2023

Time: 6:30 p.m. to 7:30 p.m.

Where: Via Zoom

Link: https://hartdistrict-org.zoom.us/j/4183601752? pwd=OUwrNHJNa1RBSVhsSFNhUVU0cEthQT09

Meeting Id 418 360 1752

Passcode: 774470

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