

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](https://hartdistrict-org.zoom.us/j/4183601752?pwd=OUwrNHJNa1RBSVhsSFNhUVU0cEthQT09)

**Meeting Id** 418 360 1752

**Passcode:** 774470

