

SAVE THE DATE! Monday, MARCH 5, 6:30-8:30 at RHS Auditorium

THE POWER OF RESILIENCE

AT ISSUE

Kids and Anxiety

THE FOCUS

Helping you and your child to manage modern day anxiety by understanding and building resilience

FOR

ALL Parents and Students Grades 6-12

Headlining is renowned speaker and author:

Bonnie St. John!!

"One of the five most inspiring women in America."

– NBC Nightly News

St. John is a Winter Paralympic medalist, a scholar, author, and international speaker & trainer who worked in the Clinton White House and was honored by George W. Bush.

Her most recent book, *Micro-Resilience* uses powerful science-based techniques to boost focus, drive and energy.**

We will be discussing how resilience can help with:

- *Keeping stress from becoming toxic*
- *Brain development and the ability to focus*
- *Managing the effects of tech/screen time*

Brought to you by

RCSD Health & Wellness Committee and Rhinebeck Science Foundation

****The first 100 attendees will receive St. John's book, compliments of RSF**