

THE DISTRICT WELLNESS DEPARTMENT BRINGS TO YOU
OUR:

PARENT FORUM

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

Our guest speaker, **Henry Mayo**
Community Education will discuss the
latest research on how important mental
health is in playing 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=OUwrNHJNa1RBSVhsSFNhUVUOcEthQT09](https://hartdistrict-org.zoom.us/j/4183601752?pwd=OUwrNHJNa1RBSVhsSFNhUVUOcEthQT09)

Meeting Id 418 360 1752

Passcode: 774470