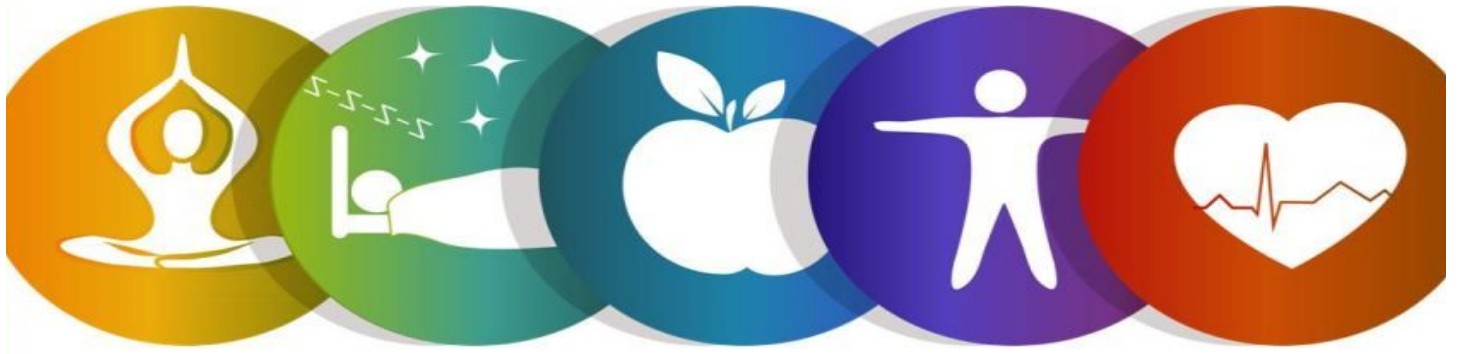


NP³'s 1st Annual



Wellness Fair

January 30th

5:30 pm- 7:30 pm | NP³ MS/HS | Free MAP child care available

Free admission | Booths and Breakout Sessions

Featuring booths and discussions about:

- The Food Pyramid & low cost healthy eating
- Sprouts Farmers Market
- American Foundation for Suicide Prevention
- Teen Driving Safety
- Mental Health Resources in our Community
- Bhagat Puran Singh Health Initiative
- Pilates
- Mindfulness Practices
- The Seven Habits
- The Cyber Lives of Teens

And many more!

NP³ Wellness Fair Breakout Schedule

Session 1: 6:00 – 6:25 p.m.	Session 2: 6:30 – 6:55 p.m.
<p>Mindfulness And Youth (Geared towards K-12 families) – Room 107 Lynette Hayden Come learn a little bit more about the practice of mindfulness and how it can benefit our youth and ourselves! We will talk about what it is, when you can use it, why it's important, and how we can incorporate it into our daily lives.</p>	<p>Mindfulness And Youth (Geared towards K-12 families) – Room 107 Lynette Hayden Come learn a little bit more about the practice of mindfulness and how it can benefit our youth and ourselves! We will talk about what it is, when you can use it, why it's important, and how we can incorporate it into our daily lives.</p>
<p>Marijuana and Opioids (Geared towards 6-12 families) – Room 103 Nick Mori Today's marijuana is stronger and more accessible than ever and its impact on youth can be significant and long lasting. Opioids receive national attention due to their risk for dependency and overdose...and you might even have them in your medicine cabinet. This session will cover what parents should know about both drugs.</p>	<p>Marijuana and Opioids (Geared towards 6-12 families) – Room 103 Nick Mori Today's marijuana is stronger and more accessible than ever and its impact on youth can be significant and long lasting. Opioids receive national attention due to their risk for dependency and overdose...and you might even have them in your medicine cabinet. This session will cover what parents should know about both drugs.</p>
<p>Impact Teen Drivers (Geared towards 9-12 families) – Room H-2 Mike Zervas CHP Is your student driving? Will they be in the near future? Learn from current Highway Patrol Officers about important teen driver safety information.</p>	<p>Impact Teen Drivers (Geared towards 9-12 families) – Room H-2 Mike Zervas CHP Is your student driving? Will they be in the near future? Learn from current Highway Patrol Officers about important teen driver safety information.</p>
<p>Childhood Obesity (Geared towards K-12 families) – Room 101 Lorenzo Monero Educate your NP³ family on childhood obesity in America, and how to improve and move forward with a healthy lifestyle.</p>	<p>Childhood Obesity (Geared towards K-12 families) – Room 101 Lorenzo Monero Educate your NP³ family on childhood obesity in America, and how to improve and move forward with a healthy lifestyle.</p>
<p>Healthy Eating for Busy Families (Geared towards K-12 families) – Room 109 Sonia Fernandez Learn how small nutritional changes can lead to big results over time. Explore MyPlate and how it can help you make balanced food choices and learn about the <i>NEW</i> Nutrition Food Label, changes and what it means to you as a parent and consumer.</p>	<p>Healthy Eating for Busy Families (Geared towards K-12 families) – Room 109 Sonia Fernandez Learn how small nutritional changes can lead to big results over time. Explore MyPlate and how it can help you make balanced food choices and learn about the <i>NEW</i> Nutrition Food Label, changes and what it means to you as a parent and consumer.</p>
<p>The Cyber Lives of Teens (Geared towards 6-12 families) - (One 50 minute session) Room 110 Kelly Clancey & Jagroop Singh Come join NP³ high school counselor Kelly Clancey as she and senior Jagroop Singh take a look into the complex digital lives of teens and discuss cyber safety, cyber bullying and resources for promoting healthy online behaviors.</p>	
<p>Safe Sleep Baby (Geared towards K-6 families) - (One 50 minute session) – Room 106 Mya Atmore The education we provide is based on recommendations from the American Academy of Pediatrics to safely sleep babies under 1-year-old. We provide the education along with brochures to families, but we also educate hospitals, community-based service providers, medical providers, and anyone else who serves babies under 1-year-old. We have realized after interviewing parents/caregivers that it is important for parents with new babies to hear consistent messages about safe sleep practices.</p>	
<p>Mental Illness: It's not always what you think (Geared towards K-12 families) - (One 50 minute session) – Room 108 Chantal Allen-Jarrell, MPH Mental illness affects every ethnic, racial, economic, religious, and age group. Roughly one in every five adults will experience a diagnosable mental disorder during their lifetime. The <i>Mental Illness: It's not always what you think</i> project was initiated by Sacramento County Department of Health Services/ Division of Behavioral Health Services (DHS/DBHS) to: Reduce stigma and discrimination, promote mental health and wellness and inspire hope for people and families living with mental illness. We want to change minds, attitudes and outcomes.</p>	
<p>Raising Responsible Kids (Geared towards K-8 families) - (One 50 minute session) – Room 105 Jenn Rickards and LeighAnn Walker In this session, you will discover foundational methods for how to raise responsible kids. Participants will learn the value of reducing stress in parenting, maintaining a positive mindset by asking reflective questions, coming alongside your children to teach them how to become more responsible.</p>	
<p>Parental Involvement: Helping Your Child Maximize Academic Potential (Geared towards K-12 families) - (One 50 minute session) – Room 102 Mitzi Missio Address the most important measures of student achievement that parents can utilize to help their child. Help reduce the fears that hold parents back from the challenges they face. Provide opportunities for parents to brainstorm solutions to real-life parent/student challenges. Educate parents on how to build lasting values, scholarly dispositions, and positive behaviors and attitudes in their middle school child.</p>	