

Trader Joe's  
healthy snack and  
meal samples

# You're Invited!

Live healthy cooking  
demonstration with  
Chef Melissa Sears

**P**lease join us for a free kick-off celebration of our

**yearlong Wellness Initiative to promote overall wellness and  
substance abuse prevention.**

Yoga and  
exercise  
demonstrations

**October 24, 2016**

**7:00 p.m.**

**Eastchester Middle School Cafeteria**

**All students and parents are welcome!**

Sign up for a library card  
or checkout a library  
book using Eastchester  
Public Library's mobile  
checkouts

The Eastchester School District is proud to present a comprehensive program of study that will provide members of our school community, and our community at-large, with important information in combatting substance abuse and promoting overall wellness. As a school district, we strive to be leaders in our community and region in promoting substance abuse awareness and prevention strategies. We have designed a program that focuses on multiple aspects of wellness and substance abuse, from multiple perspectives. Throughout the school year, we will offer a series of presentations from nationally and internationally renowned speakers. We encourage *ALL* parents, district employees, and community members to attend.

The effects of substance abuse on families in our community are concerning, and we hope that this series provides crucial resources that can potentially save lives. Please join us in our efforts and attend as many sessions as you are able.

## *Save These Dates!*

***All evening events begin at 7pm  
Locations TBD in the HS or MS***

*Nov. 28: The Rise and Fall of a  
Basketball Star: Chris Herren*

*Dec. 5: The Adolescent Brain Under  
Stress: Dr. Michael Nerney*

*Jan. 12: New Year, New You*

*Feb. 27: A Parent's Story of Tragedy  
and Loss: Salomone Family*

*Mar. 20: Hidden in Plain Sight:  
Jermaine Galloway*

*Apr. 24: Prom Safety*

*May 1: Smart Choices During the  
Summer Months and After HS: Dr.  
Michael Nerney*