

Mental Health **COMMUNITY NIGHT**

"THE SELFIE METHOD: YOUR TICKET TO THRIVE"

CASEY PEHRSON, ED.S., NCSP



**JAN
26TH**



**7:00
PM**

**COPPER HILLS
HIGH SCHOOL
AUDITORIUM**

JOIN US!

**BEAT THE WINTER BLUES, AND STOCK
YOUR TOOLKIT WITH SIX HABITS TO
BOOST YOUR ENERGY AND MOOD...**