

# HEALTHY CHOICES FOR HEALTHY LIVING

SEMINAR DAY APRIL 24, 2024

The Health & Wellness Team is excited to present the Nation's leading experts on sleep, nutrition, and teenage social & emotional well-being!

This day is for you to listen, ask questions, be active, and journal your thoughts & goals.



## DR. AMANDA HASSINGER '97

A SEM graduate, Dr. Hassinger is the Medical Director of the UBMD Pediatrics Sleep Center at Oishei Children's Hospital. She'll speak about the importance of sleep, good sleep hygiene, and how sleep affects your chronobiology.

## MICHELLE D. DAVIES

As Director of Nutrition for Personal Touch, SEM's food service, Michelle is eager to show us how food affects our bodies. She will also teach us about sugar and caffeine and the impact they have on our daily lives and function.



## DR. LISA DAMOUR

Clinical Psychologist and author of three New York Times best sellers: *Untangled*, *Under Pressure*, and *The Emotional Lives of Teenagers*, Dr. Damour will speak to us about navigating healthy peer relationships in the digital world.



## JOYFUL MOVEMENT

- Yoga with Jen Gress, Board Chair, mother to Natalie Gress
- Aerobics with Mme. Fisher
- Kickball on the Greenspace



ALL STUDENTS WILL RECEIVE THEIR VERY OWN JOURNAL TO DECORATE AND TO UTILIZE FOR REFLECTION & GOAL SETTING AT THE END OF THE DAY