

WELLNESS NIGHT

FOR OUR MIDDLE AND HIGH SCHOOL PARENTS & GUARDIANS

Have dinner with us while discovering practical tips for the everyday well-being of your family.. and be entered into a raffle to win a gift basket!!!

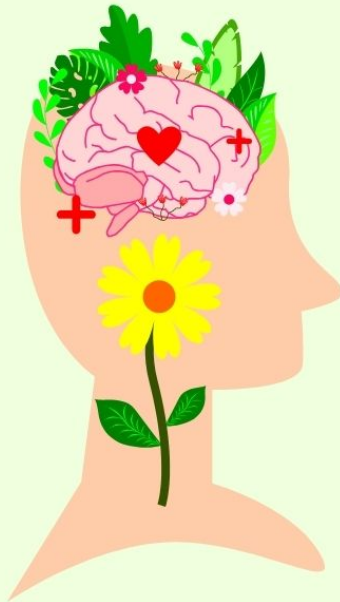
THURSDAY

FEB 9TH

6:00-

8:00PM

MATTAMUSKEET
SCHOOL MAIN ENTRANCE



CHILI &
CORNBREAD



GIFT BASKET
RAFFLE!!!

AND OTHER
GIVEAWAYS!!



Poe Center for Health Education presents: Dimensions of Wellness

Discover the eight dimensions of wellness that encourage balance, connection, and healthy coping, and learn how to seamlessly weave them into everyday family routines—empowering children to build habits for lifelong health and happiness. 30 minute session

Hyde County Health Department presents: The Bedroom Project

This is a hands-on educational exhibit featuring a realistic bedroom setup that reveals hidden items, designed to help adults recognize warning signs of substance use and spark meaningful conversations about prevention and safety. 30 minute session

Hyde County Schools Student Health Ambassadors present:

An informational setup and brief description of current trends in vaping. Interaction could be 2 minutes or more depending on your questions

