

# 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



GIFT BASKET  
RAFFLE!!!

AND OTHER  
GIVEAWAYS!!



CHILI &  
CORNBREAD

 **Trillium**  
HEALTH RESOURCES  
Transforming Lives. Building Community Well-Being.

  
Hyde County  
Health Department  
From the Lodge to the Lighthouse  
We're striving for a healthier Hyde

  
**HYDE**  
COUNTY SCHOOLS

**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

  
**PoeCenter**  
The Alice Aycock Poe Center for Health Education