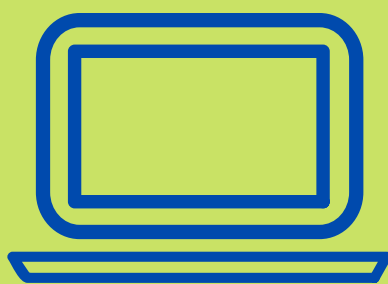


We want our kids to be healthy.
Our community can grow healthier,
happier children and families.

Join us to..

Smash Screen Time



FREE EVENT

**Parents, families, schools and
all interested community
members welcome**

Featuring Dr Lauren Arundell

Alfred Deakin Postdoctoral Research Fellow
Institute Physical Activity & Nutrition,
Deakin University



Since 2015 Dr Arundell has been investigating children's sedentary and screen behaviours and consequences. Her research focuses on working with families to develop strategies to better manage screens. As a mum of two, Lauren understands the barriers to keeping technology in its place, and is passionate about empowering families to build healthier homes.

1) Wednesday 25th March OR

5:30-7pm

Refreshments provided

2) Thursday 26th March

7:30-9am

Breakfast provided

Hamilton Exhibition and Conference Centre
Shakespeare St Hamilton

- How much screen time is too much?
- How does excessive screen time affect physical and mental health?
- Practical tips and tricks to manage screen time for kids and parents
- As a community, how can we make the healthier option the easier option?

**Please RSVP to session 1 or 2: hello@genr8change.com
or to Ebony on (03) 5551 8475**

