

Free
Parent
Workshop

iBrain:

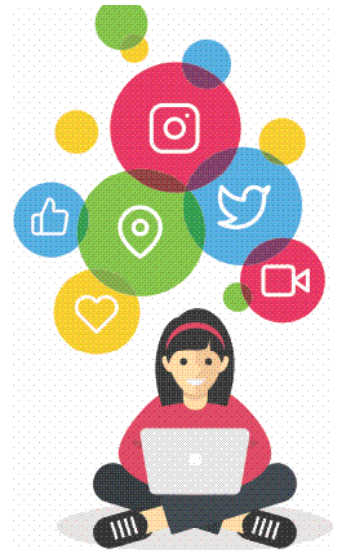
What Science Tells Us About Growing Up Digital

Wednesday, Nov. 6, 2019

6:30 to 8:00 p.m.

VCCHS Hi-Liner Activity Center

493 Central Ave. N, Valley City, ND



Erin Walsh, of Spark & Stitch Institute, will connect the dots between the latest discoveries in brain science and the emerging challenges and opportunities related to “growing up digital” including the relationship between screen time and physical health and fitness. Using brain science, stories, and humor, Erin will help families understand strategies to ensure that children grow up happy and healthy in the digital age.

Free of Charge. Call Barnes County Extension @ 845-8528 with questions.

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EXTENSION

Parent Education Workshop sponsored by NDSU Extension –
Parent and Family Resource Center



Barnes County Social Services



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