

NANUET FAMILY UNIVERSITY PRESENTS:

MENTAL HEALTH & WELLNESS 101

FEATURING

**Sue Wollner • Educational Consultant
for the Mental Health Association in
New York State**

WHERE

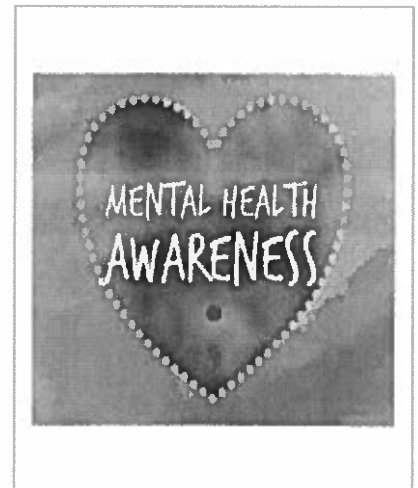
Nanuet High School Media Center

WHEN

**December 11, 2019
7:00 pm**

OUR DISCUSSION WILL INCLUDE:

- UNDERSTANDING
MENTAL HEALTH
NEEDS FOR ALL AGES**
- WHAT TO LOOK FOR
& HOW TO HELP**
- PROMOTION OF
COPING STRATEGIES
& RECOVERY**



**FREE R & R PROVIDED
REFRESHMENTS &
RAFFLE PRIZES**

NANUET FAMILY UNIVERSITY PRESENTA:

SALUDO MENTAL Y BIENESTAR 101

PRESENTANDO

**Sue Wollner • Educational Consultant
for the Mental Health Association in
New York State**

DONDE

Nanuet High School Media Center

CUANDO

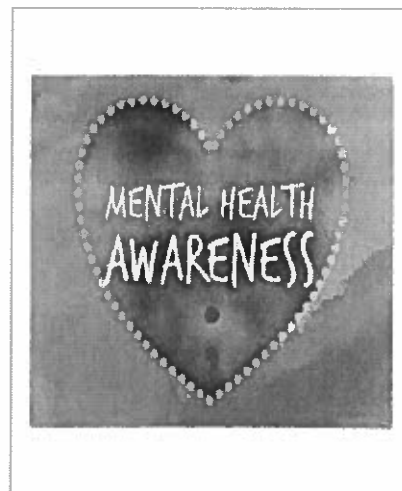
**11 de diciembre, 2019
7:00 pm**

NUESTRA DISCUSSION INCLUIRA:

**-ENTENDIENDO LAS
NECESIDADES DE
SALUD MENTAL PARA
TODAS EDADES**

**- QUE BUSCAR Y COMO
AYUDAR**

**- PROMOCION DE
ESTRATEGIAS DE
SOBRELLEVAR Y RE-
CUPERACION**



**REFRESCOS Y PREMIOS
DE RIFA OFRECIDOS**

****LA PRESENTACION SERA
EN INGLES****

Announcing the Annual “Hoop Shoot”
A Free-Throw Program for Youth Ages 8-13



Hosted by the Pearl River Elks

Youth, 8-13 years of age, are invited to compete in three age groups, 8-9, 10-11, and 12-13, with girls and boys competing separately. Participants can only compete at ONE Lodge contest per year. Then, they must compete—and win—at each level along the way before stamping a ticket to the National Finals!

The 2019 Hoop Shoot National Finals will take place on April 27, 2019 in Chicago. For a complete list of rules please visit <https://www.elks.org/hoopshoot/compete/playbook.cfm>

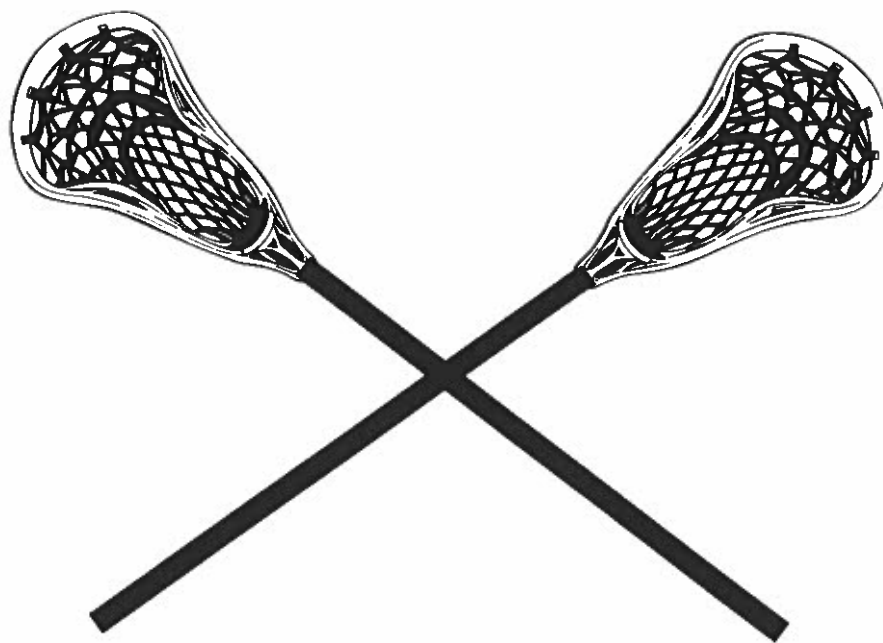
Who: This exciting event is open to all children, ages 8 through 13, in our area. They do not have to be related to a member of the Elks.

When: Saturday, December 7, 2019

Where: Highview Elementary School
24 Highview Avenue

Details: Registration opens at 8:30am and the event will start at 9am.

Join the fun!



"The Fastest Sport on Two Feet"

NANUET YOUTH LACROSSE- 2020

**Registration is now open for our Spring season
(Boys, grades 1-8/Girls, grades 3-8)**

Boys: www.nanuetlacrosse.com

Girls: www.nanuetgirlslacrosse.com

Local Indoor practices and clinics start in January

Follow our Facebook page: Nanuet Youth Lacrosse

Questions or Comments? nanuetlacrosse@gmail.com