



# Creating Health Tech Habits Workshop Series

Wednesdays, March 12, 19 & 26 at 9:15-10:45AM

Colchester Elementary School (CES) Conference Room

Free Childcare Available

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**Technology is everywhere and parenting  
around it can be challenging!**

Would you like to create a healthy tech plan for your family? Join us for a 3-part workshop series to explore the ways your family uses technology, identify some changes you'd like to make and develop a plan to implement those changes. Be part of the discussion with other parents and caregivers to learn how to incorporate the right balance of tech in your family!



**Growing  
Stronger  
Together**

**Registration NOW open!**  
**[ColchesterC3.jumbula.com/#/caregiver-programs](https://ColchesterC3.jumbula.com/#/caregiver-programs)**