

# STRIKING A BALANCE: HEALTHY SCREEN HABITS IN THE DIGITAL AGE



## Event Details

**Where:** Interactive Virtual Zoom Session

**Speaker:** Vera Feuer, MD

**Date:** Thursday, January 9th, 2025

**Time:** 12:00 PM – 1:00 PM

## Session Focus:

- Understanding screen time's impact
- Establishing realistic limits and boundaries
- Choosing quality content and experiences
- Modeling healthy habits and encouraging balance

To Register, please click the  
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## Questions? Please email:

SchoolMentalHealth@northwell.edu

## Frequently Asked Questions:

### Is registration required for this program?

Yes. Registration is required for this webinar. Please use the link or QR code to complete registration.

### When will I receive the webinar information for this program?

The webinar information will be sent to you after you register. Please do not share this information with others.

### Will this session be recorded?

Due to the interactivity that we encourage during these lunch and learn sessions, to protect our participants privacy, we do not record these sessions. For recorded sessions, please visit our YouTube channel [here](#).