

Healthy Minds, Bright Futures: Integrated Youth Wellness Symposium



Friday, May 1

9:00 am – 2:30 pm

Northwestern Medicine Huntley Hospital
10400 Haligus Road
Huntley, Illinois 60142



Lisa Messinger



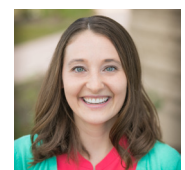
Allison Kranich



Nicole Francen Schmitt



Maria Ragusa



Lindsey Shaffer

Please join us for an educational event. Experts will share tips and strategies to support children and young adults during summer, a less structured time than the school year.

There is no cost to attend, and breakfast and lunch will be provided.

Topics include:

- › Parenting in a digital world
- › Spotting vaccine misinformation
- › Feeding healthy, growing kids
- › Understanding and calming anxious minds
- › Finding sleep success

You must register by **April 21** to attend.
Scan the QR code or [complete our form to register](#).

