

Open Minds Open Spaces

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Speaker Spotlight:

Kassy Rousselle

Wednesday

October 14th

10am-12pm

2 Hours of Set 2

HSN Credit

Session Topic:

Helping Stressed Out Kids

In this session participants will examine how stress affects adults and children on physiological level. Explore the signs and symptoms exhibited in children experiencing stress. We will discuss the different components of what makes stress positive vs. negative, the changes that happen on a chemical level, how to recognize signs of stress, and strategies to combat negative stress.

Set 2 Health Safety Nutrition

