



# FREE PRESENTATIONS

For Youth, Parents, Adults & Professionals

- Living a Healthy Substance Free Lifestyle
- Covid & Mental Health
- Self-Care & Mental Health
- Healthy Boundaries for Teens
- LGBTQ+ Awareness
- Alcohol
- Marijuana
- Vaping & Tobacco
- Over-the-Counter Medications
- Prescription Medications & Opioids







# GRATIS PRESENTACIONES

Para jóvenes, padres, adultos y profesionales

- Vivir un estilo de vida saludable y libre de sustancias
- Covid y salud mental
- Autocuidado y salud mental
- Límites saludables para los adolescentes
- Conciencia LGBTQ+
- Alcohol
- Marijuana
- Vapeo y Tabaco
- Medicamentos de venta libre
- Medicamentos recetados y opioides



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