

**HERE 2 HELP SPEAKER SERIES
PRESENTS A HEALTH &
WELLNESS SEMINAR FOR
OUR COMMUNITY MEMBERS**

**THIS IS YOUR BRAIN
ON PHONES:**

**SMARTPHONE &
SOCIAL MEDIA
OVERUSE**

**JANUARY 17TH, 2019
WESTFIELD PUBLIC LIBRARY
7:00PM-8:30P M**



Mental Health Coalition
Fanwood • Scotch Plains • Westfield

**THIS MENTAL HEALTH FORUM WILL DISCUSS THE
EFFECTS OF SMARTPHONES ON INDIVIDUALS AND
WHAT WE CAN DO TO PROTECT OURSELVES AND
FAMILIES.**

FOR MORE INFORMATION PLEASE VISIT:

[HTTPS://WWW.HERE2HELPNJ.ORG/](https://www.here2helpnj.org/)