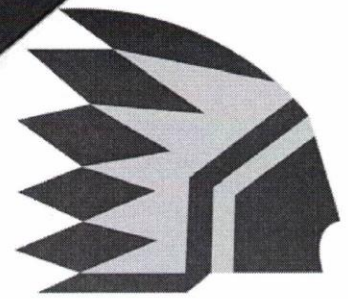


Watchung Hills Regional High School's Healthy Edge

along with the WHRHS PTO and
Watchung Hills Regional Municipal Alliance



Presents...



Featuring the ANGST Documentary

Anxiety & Stress Management

Watchung Hills South Auditorium
Tuesday, April 30 7:00 PM

Doors open at 6:30. Refreshments provided by the PTO.

Documentary screening will be followed by a...

Community Discussion and Q & A

with

John Mopper

LPC, Co-Owner/Therapist, Blue Print Mental Health

Michele Levin

LPC, LCADC, ACS, SAC, Co-Owner/Therapist, Blue Print Mental Health

Jill Gleeson

Health Education Teacher & Wellness Champion, WHRHS

Kevin Rice

Student Assistance Counselor, WHRHS

**PARENTS, STUDENTS (GRADE 5 & UP), AND
COMMUNITY MEMBERS ARE WELCOMED
AND ENCOURAGED TO ATTEND.**

Questions may be directed to Jill Gleeson, JGleeson@whrhs.org



This 43-minute documentary utilizes the power of film to tell the stories of kids/teens struggling with anxiety and the impact it has had on their lives and relationships, as well as how

they've found solutions and hope.

The film includes a special interview with Michael Phelps, athlete and mental health advocate, and provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools

