

# 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](mailto: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

