

social media fitness



Listen ~ Understand ~ Connect

Join us for an exciting journey into the world of Snapchat, Twitter, Instagram, Facebook and more. And leave inspired, skilled and confident to support your family's journey through Social Media. Our kids are already engaged in this space. *We need to be engaged, too.*

Core Discussions...

- Mental Health; Stress & Anxiety
- How Students are Evaluated, Online
- How Students Use Social Media
- Building a Sustainable Reputation
- 4 Prominent Social Platforms
- Become "Googleable"
- Achieve Balance; less screen time
- Increase Online Confidence & Skill

Chris Vollum

International workshops

Presented to more than 600,000 students throughout Canada and the United States



Recognized educator on

Twitter, Instagram, Periscope, Snapchat, Facebook, YouTube, Tumblr

Date: Wednesday, September 20, 2017 **Time:** 6:30pm - 7:30pm

Location: Admiral Collingwood gym