

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
- Daily Habits; Important vs. Urgent
- How Students are Evaluated, Online
- Achieve Balance; less screen time
- Building a Sustainable Reputation
- Increase Online Confidence & Skill

Chris Vollum

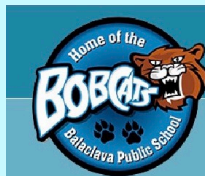
International workshops

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



Recognized educator on

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



BalACLava
Elementary School

Date: Tuesday, January 23rd, 2018

Time: 6:30pm

Location: BalACLava Elementary School