

Max S. Hayes Parents & Caregivers

Please join us on
Wednesday, January 20th at
6pm for...

You will learn:

- Tips for students struggling with ADHD or focus concerns
- Healthy alternative diet options
- Holistic alternatives to reduce impulsivity
- Strategies for organizing and staying on track
- Effective ways to manage time

Join the Zoom Meeting with the link below:

<https://us02web.zoom.us/j/85484669960?pwd=UDRCRnVreThiZ1I3NXQwcXpHUXM2Zz09>

*Let's Focus:
Tips and Strategies
for Impulsivity,
ADHD, and Short
Attention Spans*

