

St Mark Catholic School Council invites all Parents & Caregivers to

A Presentation on

The Effects of Sleep & Nutrition on Teenagers

Monday April 18, 2016

7:00 – 8:00 pm

Guest Speakers:

Dr. Jennifer Vriend,
Child and Adolescent Psychologist



Anny Aylett,
Registered Dietician at CHEO



St Mark High School
Learning Commons 2nd floor
1040 Dozois Road
Manotick, ON

