



Our Minds Matter Summit 2020
Teen track for the FCPS / Inova Mental Health & Wellness Conference

Eighth through twelfth-grade school students are invited to participate in the Our Minds Matter Teen Summit 2020, with two virtual live sessions around mindfulness and self-care on September 23rd and September 30th from 4-5pm EST.

Registration is **REQUIRED** to attend OMM Summit Events. The registration deadline is Friday September 18th!

Wednesday September 23rd, 4-5pm EST

Mindfulness Workshop led by Corinne Coppola, Resilience & Mindfulness expert
Register to attend [HERE](#).



In this live session, teen participants will gain valuable mindfulness skills, including breath practice, visualization and affirmations, all of which are helpful tools for mental well-being.

Wednesday September 30th, 4-5pm EST

Making Self-Care Actionable
Register to attend [HERE](#).

In this live session, teen participants will learn the importance of practicing self-care and come up with their own personal self-care action plan!

