

West Vancouver District Parent Advisory Council Presents:

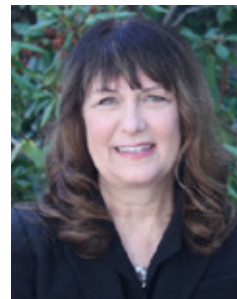
DREAMING OF GREAT SLEEP FOR YOUR FAMILY?

Interested in learning more about promoting healthy sleep hygiene for your family? Join us to hear from two authorities on the importance of sleep.



Tuesday, March 12, 2019 | 7 PM
Doors open at 6 PM
Grosvenor Theatre, Kay Meek Centre

Dr. Kimberly Schonert-Reichl will speak on the biological impact of lack of sleep on child development, social emotional regulation and will provide ideas on how to practically manage sleep issues in families.



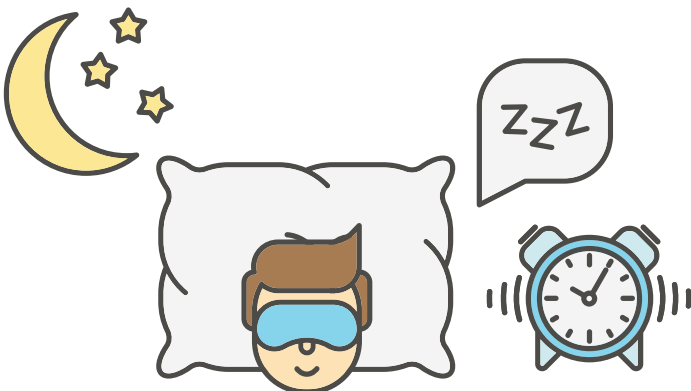
Dr. Kimberly Schonert-Reichl
Professor | Director, Human Early Learning Partnership,
School of Population and Public Health, Faculty of Medicine
Department of Educational & Counselling Psychology, and Special Education | Faculty of Education
The University of British Columbia

Dr. Mark Lysyshyn will discuss sleep and screen time as key components of physical activity as well as the importance of promoting all aspects of physical activity in order to improve the physical and mental health and wellbeing of children and youth on the North Shore.



Dr. Mark Lysyshyn
Medical Health Officer and School Health Officer
Vancouver Coastal Health

Presentations will be followed by a moderated Q&A session.



Tickets

\$10 WVS Families
\$12.50 Non WVS Families
www.kaymeekcentre.com