

# social media fitness



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## Listen ~ Connect ~ Engage ~ Influence

Join us for an exciting and visual 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 (mobile device recommended)...*

*Chris Vollum*

- Mental Health; Stress & Anxiety
- How Students are Evaluated, Online
- How Students Use Social Media
- Building a Sustainable Reputation
- 5 Prominent Social Platforms
- Become "Googleable"
- Achieve Balance; less screen time
- Increase Online Confidence & Skill

#### International workshops

Presented to more than 500,000 students throughout Canada and the United States



#### Recognized educator on

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

Date: Monday, November 28, 2016

Time: 7:00p.m.

Location: Don Mills C. I. Library