



Wellness Event and Fair

Dear SDUHSD Families,

The San Dieguito Union High School District will be hosting two Wellness events this month, one for the north and another for the south portion of the district.

Wednesday, March 21, from 5:30 - 7:45 pm in the LCC Theater
Tuesday, March 27, from 5:30 - 7:45 pm in the TPHS Gym

There will be an assortment of resources during the Wellness Fair from 5:30 - 6:15 pm followed by a presentation by Tyler Durman from 6:30 - 7:45 pm.

This event will cover overall student wellness and relevant issues for parents of current students.

Mark your calendars and make sure to attend any one of these events!

La Costa Canyon High School
is Proud to Present...

COUNTERINTUITIVE

A 75 MINUTE
PARENTING EVENT
THAT OFFERS
**HELP, HOPE
AND LAUGHTER.**

Tyler Durman, who has spoken to more than 4 million teenagers, will give proven wisdom and real answers to help our relationships at home, even if they're currently strained. He'll make us laugh while bringing clarity to specific struggles like how to deepen our kid's respect even while we withhold freedom they think they're ready for.



TYLER'S LATEST BOOK IS NOW AVAILABLE AT [AMAZON.COM](https://www.amazon.com)

BITESIZEDWISDOM.COM

WHY? Because you deserve a great relationship with your child through the teen years!

WHERE: La Costa Canyon HS Theatre

WHEN: Wednesday, March 21st, 2018

TIME: 6:30 - 7:45pm

QUESTIONS? Call (760) 436-6136

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WHY? Because you deserve a great relationship with your child through the teen years!

WHERE: Torrey Pines High School

WHEN: Tuesday, March 27th, 2018

TIME: 6:30 - 7:45pm

QUESTIONS? Call (858) 755-0125