

# Hinsdale Public Library



## **Parent-to-Parent: Adding Balance to Kid's Stressful Lives**

**Tuesday, February 26, 7:00 pm—8:30 pm**

Our community prides itself on high achievement and high expectations, whether it's making the team, getting the grades, or looking as flawless in person as on social media. Join in this discussion about helping our kids to be healthy and successful by achieving a balance given today's pressures.

Presenters: Laura Kaehler, LCSW; Shelley Leland, Certified Reading Specialist; and Sara Stoy Nalbach, RN, meditation instructor.

Visit [www.hinsdalelibrary.info](http://www.hinsdalelibrary.info) to register.



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*opening doors ...*