

YOU don't want to miss this ARCH presentation

A Better High



Helping our Teens Find It

Wednesday, November 29, 2017

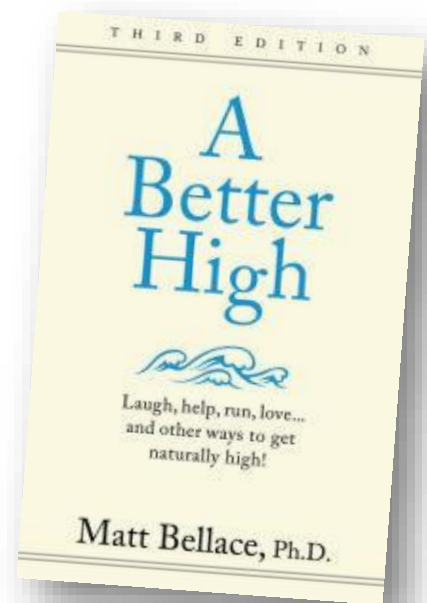
7:00–9:00 PM at Valley Forge Middle School

Matt Bellace offers a positive, science-based and seriously entertaining approach to substance abuse prevention. He presents important and useful information in a way that can sometimes feel more like a comedy act than a typical parenting presentation.

- **Learn about...** effective communication, healthy coping mechanisms, and stress reduction.
- Earlier in the day, Dr. Bellace will conduct **student assemblies** focusing on “*Better Highs*” for 8th, 9th, and 10th grades.
- **Mark your calendar now and plan to attend this evening program.**

SPEAKER: MATT BELLACE

For over 20 years, Matt Bellace has been traveling the country as a professional speaker and stand-up comedian. Dr. Bellace has a PhD in clinical neuropsychology, which is the study of the brain and behavior. He is the author of the book, “A Better High,” co-author of the National Geographic Kids Series, “This or That,” and was a regular on truTV’s, “World’s Dumbest.” Matt’s presentation will focus on natural highs and making healthy choices.



This ARCH event is free and open to all parents.

ARCH is a 501(3)(c) coalition of parents, educators, and community members committed to promoting the well-being of youth in Tredyffrin and Easttown Townships. We serve as a resource to families as they help their children form a positive self-image, make healthy choices, and reduce the use of alcohol, tobacco and other drugs (ATOD). www.archcares.org.

