



Tim Cusack

Fremont Rotary Community Show

September 16, 7:00 PM ~ Fremont High School Gymnasium

It's Not the Weather ... It's What You're Wearing ...

*Strategies and Tips to Help You Survive & Thrive as a Parent,
a Community Member or Leader.*

In this fun, fast-paced presentation, Tim shares laughs, research and stories from the heart that will help you thrive through everyday life.

What Are We Going To Talk and Learn About?

- How to ask for Help
- The importance of sleep for you and your student(s)
- Realizing you're not alone with fears, anxieties and feeling overwhelmed
- Finding the fun and joy in life for you and your student
- Managing Stress
- Exercising and eating well

Website: www.timcusack.com

FREE One Hour Presentation

• Childcare provided during presentation • Sponsored by Fremont Rotary