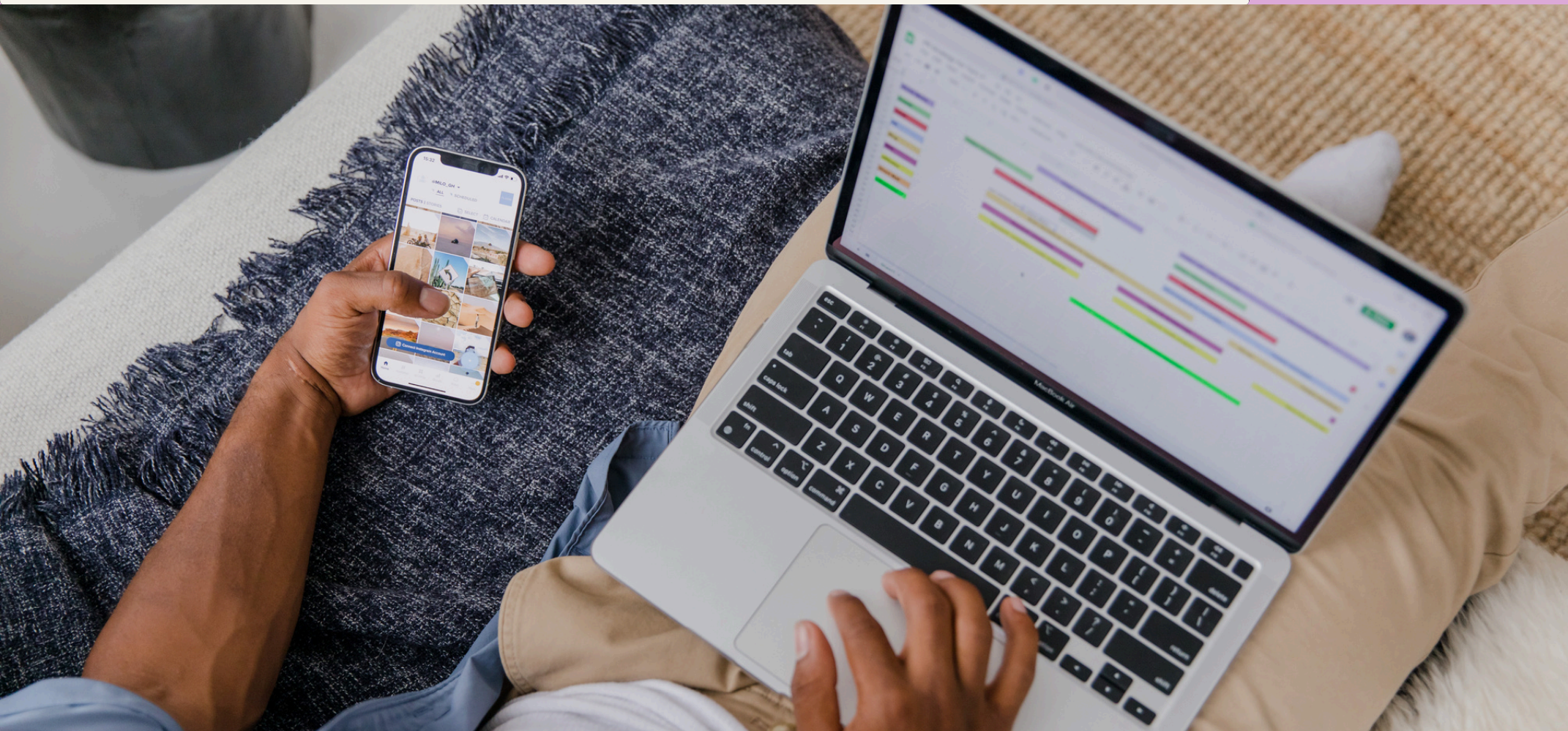


THURSDAY, MARCH 27, 1-2:30PM



Have you ever felt that you needed to change your social media or overall screen use, but weren't sure where to start? We can help you take a ...

Digital Break

Digital Break is a workshop designed for anyone who feels negatively effected by their screen use and wants to have a healthier relationship with screens.

Attendees will learn why screens and social media can be difficult to stop using, how they effect our physical and mental health, how to reduce screen and social media use, how to use screens mindfully, and how to enjoy time offline.

Workshop will be held on Zoom, from 1-2:30pm

To RSVP, scan the QR code, or email Theresa Perlman (am3164@wayne.edu)

