



MEDIA ADVISORY

May 23, 2017

Holy Cross to host wellness conference for students

Students at Holy Cross High School will spend half a day learning about physical, mental, emotional and spiritual wellness from a variety of local experts.

When: Thursday, May 25, 2017

8:30 am – 12:30 pm

8:55 am Keynote Address

Student and staff representatives will be available for interviews after 12:30 pm

Where: Holy Cross High School

2115 McEown Avenue

Students will participate in breakout sessions covering topics such as healthy relationships, financial literacy, study tips, smart use of media, recognizing addictive behaviour and much more. A keynote address will be given by Steve Kushman, a local motivational speaker who teaches people how to set the right goals and make meaningful changes to obtain them.

For more information, please contact:

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