

## My Phone is My Life. It's Driving Me Crazy!

This presentation will focus on fostering strong family relationships through communication, consistency, and compromise in a digital world.

## My Phone is My Life. It's Driving Me Crazy! 12/5/2023 <u>12pm</u> | <u>6:30pm</u>

## **Register Now: Click on either of the above times OR email <u>EAP.LiveWellBeWell@aah.org</u>**



**Co-Presented by:** 



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