## Change of Direction



**Hosted by Teen Court** 

It's never too late to change directions!

Whether you need information on health care options or tips on how to live a healthier life, we've got you covered.





Chrisie Mulcahey with Health Partners, Inc. will cover their Primary Care and Dental programs for the insured and uninsured.

Angela Deal with the Charles County Department of Health will cover learning the importance of finding joy in each day, a focus on gratitude, and how to reduce your stress to live a healthier life.



## **Class Details:**

**Who:** Parents and Caregivers

Date: Tuesday, June 04, 2024

Time: 6:00pm-7:15pm

**Location: Charles County Sheriff's Office Headquarters Building** 

6915 Crain Highway La Plata, MD 20646

Limited seating is available, to register contact: Sarah Vaughan, Teen Court Coordinator 301-609-3916 or vaughans@ccso.us