



Hosted by Teen Court

Taught by Teri White



Pillars of Health

A healthier you is their strongest foundation.

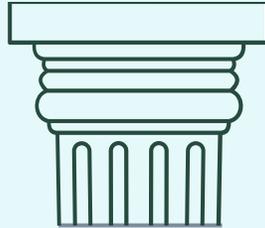
Nutrition



Movement

Mental Well-Being

Sleep



Class Details:

Who: Adults supporting youth
Date: Monday, March 23, 2026
Time: 6:00pm-7:15pm
Location: CCSO Headquarters Building
 6915 Crain Highway La Plata, MD 20646

To Register Contact:

Sarah Vaughan, Teen Court Coordinator
301-609-3916 or vaughans@ccso.us

Teen Court Classes are provided for the enrichment and educational benefit of the youth in our community and are offered at no cost to participants. Any youth attending these classes must be accompanied by a parent or guardian.

