

Balancing Life: How to Support Your Child at Home



Dr. E.J. Averion, from Thompson Healthcare and Sports Medicine, is an experienced chiropractor focusing on preventative care and wellness.

He has worked with professional athletes, children and adults on their wellness techniques. He is currently practicing at Thompson Healthcare and Sport Medicine in Brick.

- Focus on stress management and overall wellness
- Identify signs of anxiety and stress in children
- Provide strategies and learn techniques on how to support balance and wellness with children

February 5, 2019, 7:00 p.m.

**High School Media Center
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RSVP Required

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