

# SCOTTSDALE HEALTHCARE'S BROWN BAG LUNCH SERIES










# BRING YOUR LUNCH

and whatever's on your mind

Scottsdale Healthcare and the Horizon High School Health Club invite you to free sessions on the topics that matter most to you. Bring your lunch and plan to chow down, speak up or just listen in!

## TOPICS

-  Body Image
-  Depression
-  Drugs and Alcohol
-  Money Management
-  Nutrition
-  Steroids
-  Teen Stress
- Anger Management
- Communication Skills
- Eating Disorders
- Self-Esteem

## DATES



- 12.16.08
- 01.07.09
- 01.20.09
- 02.04.09
- 02.18.09
- 03.04.09
- 03.25.09
- 04.15.09
- 05.06.09

**WHEN** 11:30 – Noon



**WHERE** J Building 101 (at entrance near football field)



Community Health Services