



# PARENTS GATHERING

Join us for a Children's ADHD Behavior Management Series

Come learn solutions for:

Anxiety/Sleep

School and Social Issues

Following Direction

Managing Meltdowns and More!

Join Hanna Forrest, Certified ADHD Specialist and other families for  
Support, Strategies, and Solutions!

**Saturday, January 28, 2023**

9am - 10:50am

**Beach Cowboy Fitness**

**1200 Queensborough Blvd., Suite B**

**Mount Pleasant**

**\$15 per  
person**

**Coffee and Goodies will be served**

**Register at [BeachCowboyFitness.com](http://BeachCowboyFitness.com)**