



## Lynbrook PTA Joint Council

Will host an information evening for families on

Thursday April 4<sup>th</sup>, at 7:30 P.M.

In the Lynbrook High School Cafeteria

The Guest speaker is Sophie Riegel

Author of the book,

**Don't Tell Me to Relax!**

**One Teen's Journey to Survive Anxiety**

(and to show you can too)

Sophie Riegel is a mental health advocate who has struggled with multiple anxiety disorders. Sophie is the president of the board of directors of Here. Now., an online mental health advocacy platform. She is the Hewlett High School Valedictorian and will be attending Duke University in the fall.

Approved for Distribution & Posting  
3/21/19 tkm Supt. Office