



Rowland Unified & the Family Resource Center invites families to:

Well-Being
WEDNESDAY

**October 7, 2020
6:00 PM**

**Topics for this evening: Healthy Lifestyle
Tips & Anger Management Skills**

**LEARN WITH:
SUSAN ALFARO & XOCHITL ALARCON**

**Register at www.rowlandschools.org
<https://bit.ly/3cy7p4y>
Spanish & Chinese translation will be available**