



KIDS AND SCREEN TIME

WHAT YOU NEED TO KNOW

BALANCED HEALTH SERIES
Information for your overall wellness.



TUESDAY, MARCH 21ST
12:00PM – 1:00PM
FOND DU LAC FAMILY YMCA



FREE!

Open to Y members and the community.
Register online or by calling
920.921.3330.



PRESENTER:
Elizabeth Strittmatter, DO, SSM
Health Fond du Lac Regional Clinic
Family Medicine Physician

Studies show children's screen time rose 52% during the COVID-19 pandemic – up to 246 minutes per day. What does this mean for our children's mental and physical health? Dr. Strittmatter will help us explore ways we can help our kids maintain good health in the future.

FOND DU LAC FAMILY YMCA
90 W 2nd Street
Fond du Lac, WI
fdlymca.org

