



Digital Wellbeing Webinar featuring Amy Blankson



Hosted by Telehealth ROCKS

- Date: Wednesday, September 24 from 9-10 AM
- Join us via Zoom, no cost to attend
- Scan QR code to register

Details

Join us for this 1-hour virtual workshop featuring digital wellbeing expert, Amy Blankson. She'll share strategies for parents and educators to feel more confident navigating screen time, social media use and AI exposure. Participants will learn accountability tools that work and strategies for setting tech boundaries. She'll also address balancing setting limits with ensuring kids have the digital skills needed to succeed at school, work and life.

This session is online via Zoom and there is no charge to attend. Certificates of attendance will be provided.

About Amy Blankson

Amy Blankson is a sought-after speaker on the intersection of happiness and innovation. She is the Chief Evangelist for the Digital Wellness Institute, the bestselling author of *The Future of Happiness*, and a graduate of both Harvard and the Yale School of Management. Most recently, Amy was named to the AI75 by Dallas Innovates and serves on Harvard's AI for Human Flourishing Council.

Contact us

Email telehealthrocks@kumc.edu with any questions.

Registration

Scan the QR code or use the link to sign up online.

<https://redcap.kumc.edu/surveys/?s=AHPLPCXRWC7CH7E3>

