

# YOUTH-FRIENDLY HEALTH WORKSHOPS SPRING 2020

3950 N. AW Grimes Blvd., Round Rock, TX 78665 (2nd Floor)

Ages 13-22y welcomed!

RSVP at 877-800-5722 or [lonestaryac@gmail.com](mailto:lonestaryac@gmail.com)



## CPR TRAINING

Imagine you see someone who stops breathing or becomes unresponsive. What would you do to help? Why not learn a skill that could save a life?

First 15 youth to register get \$25 certificate fee waived.

Sunday | March 15, 2020 | 5-7pm



## COLLEGE/WORK PREP



College applications! Job interviews! Life after high school! Oh my! There are keys to presenting yourself as the right candidate for a position. Come learn success tips from current college students and young professionals who are eager to guide the next generation.

Sunday | March 22, 2020 | 5-7pm

## CAREER PANEL & SPEED MENTORING

Ever wanted to know what to expect in a certain profession? Attend this workshop to meet and learn from professionals in the fields of medicine, engineering, business and education.

Sunday | April 12, 2020 | 5-7pm



## SO YOU THINK YOU CAN COMMUNICATE?



Do you feel like you have trouble speaking in public? Does the idea of expressing your ideas with others give you great anxiety? Join us to understand the basics of public-speaking and build your confidence to share memorable messages.

Sunday | May 24, 2020 | 5-7pm



YOUTH CLINIC

#lonestaryac

Lone ★ Star  
Circle of Care