

**THE CRANFORD POLICE
DEPARTMENT
PRESENTS A HEALTH & WELLNESS
SEMINAR FOR OUR COMMUNITY
MEMBERS**

**THIS IS YOUR BRAIN
ON PHONES:**

**SMARTPHONE &
SOCIAL MEDIA
OVERUSE**

**FEBRUARY 13TH, 2019
CRANFORD HIGH SCHOOL
6:30PM-8:00P M**



**THIS FORUM WILL DISCUSS THE EFFECTS OF
SMARTPHONES ON INDIVIDUALS AND WHAT WE CAN
DO TO ENSURE THE HEALTH & WELL BEING OF
OURSELVES AND FAMILIES.**

