

STUDENT POWER HOUR

DINE & DIALOGUE

with

Dr. Tykesha K. Reed



Virtual event
6 pm - September 23, 2025

Scan QR Code to
register:



<https://forms.office.com/r/MPcFwN6Zat>

Don't miss this amazing chance to rejuvenate and refocus while gaining invaluable tools for managing school, family, and life! Dr. Reed brings her inspiring energy and relatable insights, making her talk truly engaging. Get ready to be motivated and equipped for success!

The Well-Balanced Student Parent: Strategies for Stress, Self-Care, and Success