

# WELLNESS SEMINAR

An LBT Sponsored Event



A series of free educational and developmental talks and workshops devoted to the act of practicing healthy habits on a daily basis to attain better physical and mental health.

**The Fight Against Drugs**  
**Saturday May 7, 2022 3:00 PM**  
**Ballet Conservatory Winning**  
**1400 Justin Road Lewisville 75077**

There is a resurgence in drug addiction all over America. Most of the time, it starts with prescription pills but can quickly lead to more extreme drugs. People that are affected by this are not just psychologically disturbed or criminals, but normal kids that come from very normal families. One person dies from a drug overdose every 6.03 minutes. **If no one speaks out, we cannot change the stigma and judgment.**



Against Drugs

## EDUCATION IS EMPOWERING

Our goal is to provide education to individuals, families and communities to ensure everyone has the necessary support and resources for those suffering from the disease of addiction.

Our speaker is Kathy O'Keefe, Executive Director of Winning The Fight Against Drugs. Kathy has served on the Boards of: Business and Professional Women (BPW), American Business Women's Association (ABWA) and American University Women's Association (AUWA). She has done television, newspaper and radio interviews with WBAP, Fox News, Fishbowl Radio, Cross Timbers Gazette, Dallas Morning News and the Ft. Worth Star Telegram. Kathy received the Flower Mound, "Outstanding Citizen Award" of 2016. She and her husband of 29 years, raised both their boys in Flower Mound.

This Wellness Seminar is open to anyone middle school and older, parents, families and friends. Any unaccompanied child under 18 must bring a provided permission slip from their parents, however parents are encouraged to attend. Permission slips are available at Ballet Conservatory and at [lakecitiesballet.org](http://lakecitiesballet.org)