



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HELP KIDS MAKE GOOD DECISIONS

Alcohol and drug free since August 2008, Chris Herren, a former NBA player, now speaks to schools about drug abuse, including opiates. His mission is to educate kids on the importance of a healthy lifestyle and good decision making. He provides "real-world" techniques on how to handle pressure within a teen's life. He hopes to spare kids from the tortuous journey he experienced. "I can't imagine what it would be like to be a high school kid dependent on a substance," he said. "It's the roughest world you can exist in."



**WHEN:** THURSDAY DECEMBER 17, 2015

**TIME:** 7:00 PM

**WHERE:** RIDGE HIGH SCHOOL PAC

**WHO:** ALL ARE WELCOME  
SPACE LIMITED TO FIRST  
1,000 REGISTRANTS.

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## SOMERSET HILLS YMCA

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