

# DIGITAL DETOX WEBINAR

Seek to understand your relationship with technology as you learn strategies to reduce your own technology use, develop boundaries, and explore other ways to connect and set doable goals around technology usage for the whole family.

We'll cover topics such as: setting limits on our devices, limiting screen time, being intentional about in-person connection, and finding quiet.

**Date:** Wednesday, May 7, 2025

**Time:** 12-12:45pm Central Time

**Presenter:** Coach Stephanie Patek with AllOne Health

**No registration needed - [click here to join!](#)**

