

## 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."

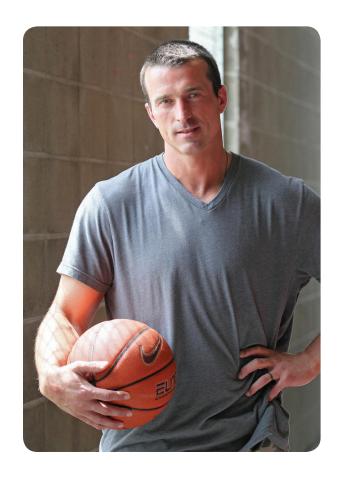
**THURSDAY DECEMBER 17, 2015** WHEN:

TIME: 7:00 PM

RIDGE HIGH SCHOOL PAC WHERE:

WHO: **ALL ARE WELCOME** 

> **SPACE LIMITED TO FIRST** 1,000 REGISTRANTS.



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## SOMERSET HILLS YMCA

A branch of Somerset County YMCA

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