



HC DRUGFREE
PRESENTS

*The 2011
Signature Event*

**A BETTER HIGH:
Supporting Teens in Making Healthy Choices**

Program on 10/26/11:

**Hammond High School at 8:30 a.m. to an assembly of students
Long Reach High School at 12:30 p.m. to an assembly of students**

FREE

Nationally renowned speaker and comedian

Matt Bellace, Ph.D.

for a dynamic and humorous presentation on the importance of natural highs and positive social support. This fun program has been described as the perfect blend of stand-up comedy, interactive demonstrations and inspirational stories. Matt educates and entertains on topics such as growing up substance free, adolescent brain development and the Runner's High.



Helping Teens Avoid Alcohol and Other Drugs

**For more information call,
443-325-0040 or
visit www.hcdrugfree.org.**

10451 Twin Rivers Road
Columbia, Maryland
443-325-0040
www.hcdrugfree.org